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HOW TO PLAY FOOT BALL

BY
WALTER CAMP.

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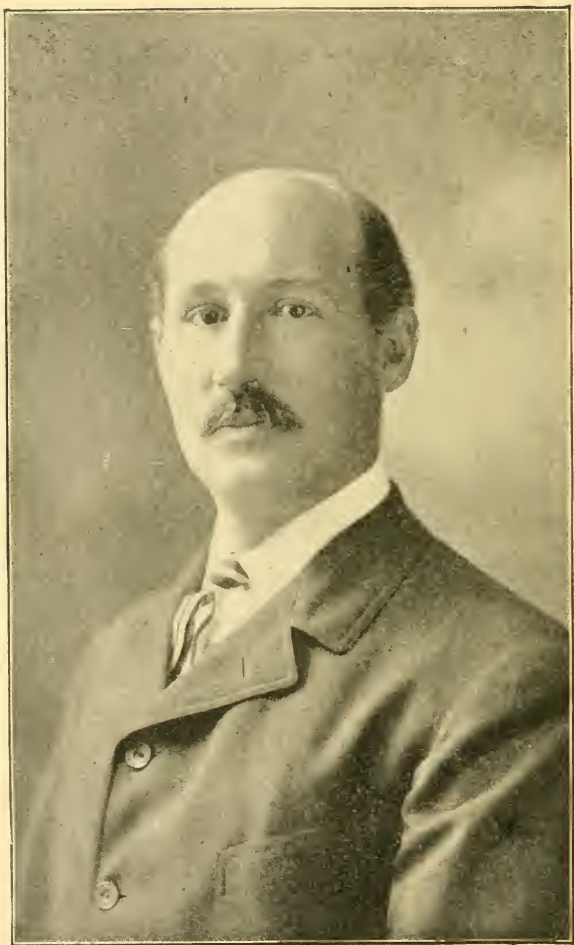
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HOW TO PLAY FOOT BALL

A SHORT WORK
FOR BEGINNERS

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AN INTRODUCTORY CHAPTER FOR BEGINNERS



THOSE who are taking up the sport for the first time should observe certain rules which will enable them to become adept players with less mistakes than perhaps would otherwise fall to their lot.

A beginner in foot ball should do two things: He should read the rules, and he should, if possible, watch the practice. If the latter be impossible, he and his men must, after having read the rules, start in and, with eleven on a side, play according to their own interpretation of these rules. When differences of opinion arise as to the meaning of any rule, a letter addressed to some one of the players upon prominent teams will almost always elicit a ready and satisfactory answer.

The first thing to be done in starting the practice is to provide the accessories of the game, which, in foot ball, are of the simplest kind. The field should be marked out with ordinary lime lines, enclosing a space of 330 feet long and 160 feet wide. While not absolutely necessary, it is customary to mark the field also with transverse lines every five yards, for the benefit of the referee in determining how far the ball is advanced at every down. In the middle of the lines forming the ends of the field, the goal-posts are erected, and should be eighteen feet six inches apart, with cross-bar ten feet from the ground. The posts should project several feet above the cross-bar. The ball used is an oval leather cover containing a rubber inner, which is inflated by means of a small air pump or the lungs. The ball used by the principal teams is the Intercollegiate Match, No. J, adopted by the Intercollegiate Association, and made by A. G. Spalding & Bros. The costumes of the players form another very

important feature and should be of a proper and serviceable nature. An innovation in uniforms was introduced a few years ago by Harvard in the shape of leather suits. Although they were expensive, and while not on that account liable to be generally adopted, they were particularly light and good for a rainy day. Canvas makes most serviceable jackets for the players, as do also jerseys reinforced with leather. These can be home-made or purchased at a small expense from any athletic outfitter. The canvas jacket should fit closely, but not too tightly, and lace up in front, so that it may be drawn quite snugly. Some have elastic pieces set in at the sides, back or arms, but these additions are by no means necessary. Jerseys, with leather patches on elbows and shoulders are also worn. The trousers should be of some stout material, fustian, for example, and well padded. This padding can be done by any seamstress, quilting in soft material over knees and thighs, or the regular athletic outfitters furnish trousers provided with the padding. Long woolen stockings are worn, and not infrequently shin guards, by men playing in the forward line. The most important feature of the entire uniform is the shoe. This may be the ordinary canvas and leather base ball shoe with leather cross-pieces nailed across the sole to prevent slipping. Such is the most inexpensive form, but the best shoes are made entirely of leather, of moderately stout material, fitting the foot firmly, yet comfortably, lacing well up on the ankle, and the soles provided with a small leather spike, which can be renewed when worn down. Inside this shoe, and either attached to the bottom of it or not, as preferred, a thin leather anklet laces tightly over the foot, and is an almost sure preventive of sprained ankles. The cap may be of almost any variety, and except in the cases of half-backs and back, does not play any very important part. These men, should, however, have caps with visors to protect their eyes from the sun when catching a long kick.

Underneath the canvas jackets any woolen underwear may be put on, most players wearing knit jerseys. As mentioned above, there are several players who can, to advantage, go without the regulation canvas jacket and wear a jersey in its place. These are especially the quarter-back, the centre-rush or snap-back. Of recent years backs and line men tend more than ever to the adoption of the leather-reinforced jersey.

The team of eleven men is usually divided into seven rushers or forwards, who stand in a line facing their seven opponents; a quarter-back, who stands just behind this line; two half-backs, a few yards behind the quarter-back; and finally, a full-back or goal tend, who stands at kicking distance behind the half-backs. This gives the general formation, but is, of course, dependent upon the plays to be executed.

Before commencing practice, a man should be chosen to act as referee, umpire and linesman, for in practice games it is hardly necessary to have more than one official. The two sides then toss up, and the one winning the toss has choice of goal or kick-off. If there be a wind, the winner will naturally and wisely take the goal from which that wind is blowing and allow his opponent to have the ball. If there be no advantage in the goals he may choose the kick-off, and his opponents in that case take whichever goal they like. The two teams then line up; the holders of the ball placing it upon the exact centre of the field, and the opponents being obliged to stand back in their own territory at least ten yards, until the ball has been touched with the foot. Some man of the side having the kick-off must then kick the ball at least ten yards into the opponents' territory. Preferably, therefore, he will send it across the goal line or else as far as he can, and still have his forwards reach the spot in season to prevent too great headway being acquired by the opponents' interference, but he will not kick it across the side line. The opponents then catch it and return it by a kick, or they run with it. If one of them runs with it he may be tackled by the opponents. As soon as the ball is fairly held; that is, both player and ball brought to a standstill, the referee blows his whistle and the runner has the ball "down," and someone upon his side, usually the man called the snap-back or centre-rush, must place the ball on the ground at that spot for a "scrimmage," as it is termed. The ball is then put in play again (while the men of each team keep on their own side of the ball, under the penalty of a foul for off-side play) by the snap-back's kicking the ball or snapping it back, either with his foot, or more commonly with his hand, to a player of his own side just behind him, who is called the quarter-back. The ball is in play, and both sides may press forward as soon as the ball is put in motion by the snap-back. Naturally, however,

as the quarter-back usually passes it still further behind him to a half-back, or back, to kick or run with, it is the opposing side which is most anxious to push forward, while the side having the ball endeavor by all lawful means to retard that advance until their runner or kicker has had time to execute his play. It is this antagonism of desire on the part of both sides that has given rise to the special legislation regarding the use of the hands, body and arms of the contestants—and beginners must carefully note the distinction. As soon as the snap-back has sent the ball behind him, he has really placed all the men in his own line off-side; that is, between the ball and the opponents' goal, and they, therefore, can, theoretically, occupy only the position in which they stand, while the opponents have the legal right to run past them as quickly as possible. For this reason, and bearing in mind that the men "on side" have the best claim to right of way, it has been enacted that the side having possession of the ball may not use their hands or arms, but only their bodies, when thus off-side, to obstruct or interrupt their adversaries, while the side running through in the endeavor to stop the runner, or secure possession of the ball, may use their hands and arms to make passage for themselves.

The game thus progresses in a series of downs, followed by runs or kicks, as the case may be, the only limitation being that of a rule designed to prevent one side continually keeping possession of the ball without any material advance or retreat, which would be manifestly unfair to the opponents. This rule provides that in three "downs" or attempts to advance the ball, a side not having made five yards toward the opponents' goal or retreated twenty yards toward their own goal, must surrender possession of the ball. A still further provision makes it contrary to rule that the team should retain possession by a second retreat of twenty yards unless the ball has meantime gone into the possession of the opponents. As a matter of fact, it is seldom that a team actually surrenders the ball in this way, because, after two attempts, if the prospects of completing the five-yard gain appear small, it is so manifestly politic to kick the ball as far as possible down the field, that such a method is more likely to be adopted than to make a last attempt by a run and give the enemy possession almost on the spot. In such an exigency, if a kick be

made, the rules provide that it must be such a kick as to give the opponents fair and equal chance to gain possession of the ball and must go beyond the line of scrimmage unless stopped by an opponent. There is one other element entering into this progress of the game, and that is the fair catch. This can be made from a kick by the opponents, provided the catcher takes the ball on the fly, and, no other of his own side touching it, plants his heel in the ground at the spot where the catch is made. This entitles him to a free kick; that is, his opponents cannot come within ten yards of his mark, made by heeling the catch, while he (and his side) may retire such distance towards his own goal as he sees fit, and then make a punt or a drop, or give the ball to someone of his own side to place the ball for a place kick. Here again, as at kick-off, when taking the free kick, he must make an actual kick of at least ten yards, unless the ball is stopped by the opponents. His own men must be behind the ball when he kicks it, or be adjudged off-side.

Whenever the ball goes across the side boundary line of the field, it is said to go "into touch," or out of bounds, and it must be at once brought back to the point where it crossed the line, and then put in play by some member of the side which carried it out, or first secured possession of it after it went out. The methods of putting it in play are as follows: To touch it in at right angles to the touch-line, and then kick it at least 10 yards, or most commonly, walk into the field and make an ordinary scrimmage of it, the same as after a down. In this latter case, the player who intends walking in with it must, before stepping into the field, declare how many paces he will walk in, in order that the opponents may know where the ball will be put in play. He must walk in at least five and not more than fifteen yards. We will suppose that the ball by a succession of these plays, runs, kicks, downs, fair catches, etc., has advanced towards one or the other of the goals, until it is within kicking distance of the goal posts. The question will now arise in the mind of the captain of the attacking side as to whether his best plan of operations will be to try a drop kick at the goal, or to continue the running attempts, in the hope of carrying the ball across the goal line, for this latter play will count his side a touchdown, and entitle them to a try-at-goal. On the other hand, upon any first down when inside the twenty-five-yard

line, if he try a drop kick and fail to score, the ball can be brought out, not for a twenty-five-yard line kick-out, but only a ten-yard one, that is, his side can line up at ten yards, so that the defenders of the goal are actually forced to kick out from almost within their own goal. In deciding, therefore, whether to try a drop kick or continue the running attempts, he should reflect upon this and also upon the value of the scores. The touchdown itself will count 5 points, even if he afterward fail to convert it into a goal, by sending the ball over the bar and between the posts, while, if he succeed in converting it, the touchdown and goal together count 6 points. A drop kick, if successful, counts 5 points, but is, of course, even if attempted, by no means sure of resulting successfully. He must, therefore, carefully consider all the issues at this point, and it is the handling of those problems that shows his quality as a captain. If he elects to continue his running attempts, and eventually carries the ball across the line, he secures a touchdown at the spot where the ball is finally held, after being carried over, and any player of his side may then bring it out, and when he reaches a suitable distance, place the ball for one of his side to kick, the opponents, meantime, standing behind their goal line. In placing the ball it is held in the hands of the placer, close to, but not touching the ground, and then carefully aimed until the direction is proper. Then, at a signal from the kicker that it is right, it is placed upon the ground, still steadied by the hand or finger of the placer, and instantly kicked by the place kicker. The reason for this keeping it off the ground until the last instant is that the opponents can charge forward as soon as the ball touches the ground, and hence would surely stop the kick if much time intervened. If the ball goes over the goal, it scores as above indicated, and the opponents then take it to the middle of the field for kick-off again, the same as at the commencement of the match. The ball is also taken to the centre of the field if the goal be missed after a touchdown, although formerly the opponents could then bring it out only to the twenty-five-yard line.

There is one other issue to be considered at this point, and that is, if the ball be in possession of the defenders of the goal, or if it fall into their hands when thus close to their own goal. Of course, they will naturally endeavor, by running or kicking, to, if possible, free

themselves from the unpleasant situation that menaces them. Sometimes, however, this becomes impossible, and there is a provision in the rules which gives them an opportunity of relief, at a sacrifice, it is true, but scoring less against them than if their opponents should regain possession of the ball and make a touchdown or a goal. A player may at any time kick, pass or carry the ball across his own goal line, and there touch it down for safety. This, while it scores two points for his opponents, gives his side the privilege of bringing the ball out to the twenty-five-yard line, except as noted above, and then taking a kick-out, performed like kick-off or any other free kick, but it can be a drop kick, a place kick or a punt.

The succession of plays continues for thirty-five minutes in a regular match. Then intervenes a ten-minute intermission, after which the side which did not have the kick-off at the commencement of the match has possession of the ball for the kick-off for a second thirty-five minutes. The result of the match is determined by the number of points scored during the two halves, a goal from a touch-down yielding 6 points, one from the field—that is, without the aid of a touchdown—5 points; a touchdown from which no goal is kicked giving 5 points, and a safety counting 2 points for the opponents. In practice it is usual to have the two periods of play considerably shorter than thirty-five minutes, generally not over twenty or thirty.

Walter Camp

HOW TO PLAY FOOT BALL



I WISH to preface the brief remarks which I take occasion to make in this little book regarding special plays in foot ball with the statement that they are not intended to cover the first principles of the individual positions in the game. In another book I have dwelt upon these at length, and have there defined with as great accuracy as I could the principal duties assignable to the occupant of each position on the team. In addition to this, I have there given the main features of team play. It is worth while to mention this at the outset, because a team can make no greater mistake than by taking up what are known as "trick" plays, or, in fact, any of the ordinary team plays in the present modern game, before the individuals of that team have become thoroughly perfected in the ordinary rudiments of the game, and perform almost by instinct the ordinary duties of their positions. A team which undertakes to make strategic plays before mastering these primary points will always find itself working at a tremendous disadvantage, and the waste of power will be almost incalculable. Perhaps I could not put it more plainly than to say that the tendency is altogether too much toward what is known as "git thar" principles in all of our lines of sport to-day. A crew endeavors to row in a shell before learning the principles of the stroke; our boxers are apt to go in for the swinging, knock-out blow at the sacrifice of the more old-fashioned, but better form, sparring; but in none of these forms is it more evident than in the one under discussion, namely, foot ball. It is not at all uncommon to see a team playing intricate criss-crosses, double passes and concealed ball plays, whose men are still tackling high, and whose half-backs kick a punt from low down on the toe. To every reader of this book then, I say with the heartiest good will, master the rudiments first if you

wish to make yourself valuable to any team; master them thoroughly if you wish to see your team win when it comes to important matches. These special plays which follow are plays which captains and coaches can work out to an almost infinite number of variations, but it will be the individual players on the team who will, in the end, determine whether the use of these plays will turn out successfully.

Under the present rules, wherever a free kick is attempted, it must be an actual kick of not less than ten yards into the opponents' territory. For this reason all the flying wedge opening plays and special wedges from fair catches and kick-outs have disappeared. The captain now has to perform the principal part of his strategic play, out-



side of the kick, from ordinary downs, instead of from what have been called "free kicks," but what have been really "free wedges."

I, therefore, begin with running in the line. By this I mean running by any one of the seven men forming the forward line in the team. Some years ago there was a great deal of tackle running, and in a good many books published recently on the game, the tackle is spoken of as by all odds the most available man in the line for running with the ball. That is true to this extent: The tackle occupies the best position for short and, perhaps, unexpected runs, but with the modern game the tackle is such a feature in the defensive work that it has become a good deal of a question whether he ought to be

given much running to do on his own account. It is likely to tire him out and make him a weak spot in the line against the assault of the opponent. But if the reader will bear this in mind, and so not make use of his tackle except to such an extent as shall still preserve him for his ordinary work, one can say that he is the most available man in the line. The most natural run for the tackle is between the tackle and guard on the other side of the line from which the tackle stands. In the performance of this run, the principal feature is to disguise the fact that the tackle is about to start, and his getting a quick and free start, not followed, or followed at a considerable distance only by his vis-a-vis. In order to do this he must form the habit of holding himself in the same position when he is not going to make this run that he is when he is going to undertake it, for any difference in his position will indicate to his opponent what the play is to be. But, breaking away, he runs closely behind the quarter-back, taking the ball on the fly as he passes, and making a short and sharp dash in between his own guard and tackle who, with the assistance of the half and full-back, one usually preceding and the other following, break through with him, his own quarter-back and end protecting him from behind, also closing in upon him as he goes through. A tackle can also be run in a similar fashion between the tackle and end, guard and centre, or even entirely around the end, but this latter play is of no great value except with particularly fast tackles. Gill and Cowan were both able to perform it, but it is rather an exception, and more than that, it uses up the tackle's wind a good deal more than when he goes through the line, because the interference is likely to stand out pretty well toward the edge of the field, and the tackle will run his full distance and not be able to get through the end after all, thus having taken a considerable dash and under high speed and with no good result, but merely the loss of a down. In defining the tackle's running, I have also defined the running of the guard where he goes around behind the quarter in a similar fashion. But there is one other style of running for the guard which is perhaps more common, and that is to drop him back, and after allowing him to interfere for the running half once or twice to disguise the play, allowing him to run himself, going between, perhaps, the centre and guard or even the guard and tackle. These

plays are strong where the guard is a big man and a hard runner with good legs. A fat man is useless in such a case. The University of Pennsylvania performed some very excellent work in dropping guards back as interferers, and also in giving the guards themselves the ball occasionally. The ends may be used exactly as the tackles in running, or they may be dropped back of the line into practically the half-back positions, and alternate with the half-back taking the ball. One of the most effective plays ever worked was that in which the end-rusher was dropped back of the line and sent in between the tackle and guard repeatedly, on his own side, the ball being passed to him quite a little distance from the quarter. Then



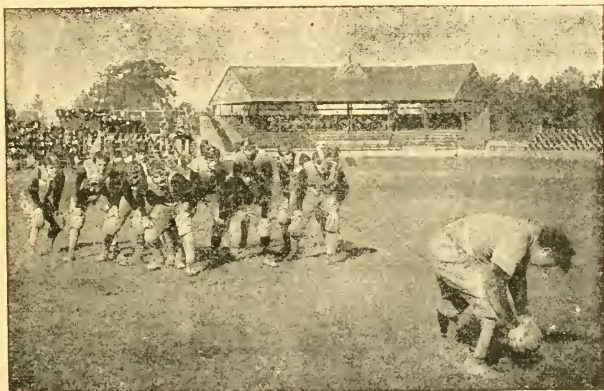
suddenly the same play was made, and the ball was passed directly over the head of this end-rusher to the half-back, who had crept out beyond, and who thus took the ball in a free field and made a free, long run. This was repeated again in the same game, showing that the play itself was good even to be used more than once. The above plays are also assisted by special formation, the players taking positions on signal.

All the line men can be used for short dashes into the line on their own side in the same way as that described for the guard and the end, but these plays are practically useless against an expert team. Occasionally the half-back can be used to dash through the line, but

it is the exception when a line man is quick enough for the play. Other runs which are possible by the line men are, of course, criss-crosses and double passes. One instance of these criss-crosses will illustrate sufficiently to enable a captain or coach to carry out a great variety of them, using every man in his line if he wishes. Let us take, for instance, the tackle and half-back criss-cross. As in the instance I described of the ordinary tackle run, the tackle—say the left tackle—suddenly shakes himself free from his opponent and dashes straight at the quarter, a few feet behind him, of course; the quarter passes him the ball as he reaches him, exactly as though the left tackle were then going around between the right tackle and the guard. But instead of doing this, the left tackle passes to the right half, who runs to the left end, the half, full-back and quarter all interfering for him. The great point in this play is to see that the opposing right tackle does not get the runner as he starts off to get the ball, and furthermore, that this right tackle and right end are blocked late but long. Such a criss-cross can also be worked with the end, and with the guard it can also be worked to turn either inside or outside of the end. So much for the line men running.

Next we come to the half-backs and full-backs. Every one is familiar with the following plays, which we only mention in order to call them to the attention of the captain who is studying out in the early part of the season what plays he shall make the most of. The half-back running on his own side between any of the various men in the line; the half-back running between any of the men on the side away from his own side; the full-back running on the right side or the left side through the same openings and under the same circumstances and with practically the same interference, for in the modern game the captain is wise who uses his three men behind the line in such a way that any one of them may perform any of the various plays devised for the backs, and then maintain a similar formation no matter what the play is to be. More than once has a team in one of the biggest championship matches of the year betrayed its own plays by the movement of the men just previous to the snapping of the ball, and one cannot too strongly deprecate the exact detailing of certain movements in certain plays to get through or block or to take care of particular individuals when that move leads to the betrayal of

the play before it has actually come off. The cardinal points to be remembered regarding running by the half-backs and full-backs are these: That the interference must depend upon the speed of the men engaged, and that no interference should be such as to slow up the runner appreciably, unless it be for some trick play or double pass where the slowing up of the runner means merely his being caught after getting rid of the ball. I have seen many a good team spoiled by their attempting to follow out a set rule as to the order in which interferers should reach the end. For instance, in the days of Hef-felfinger, he showed how a guard could readily go from his own posi-

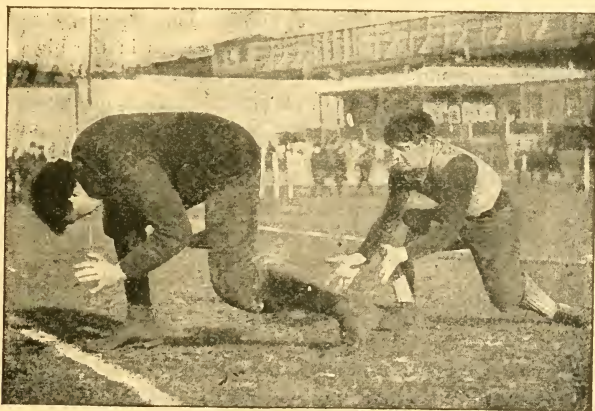


tion out to the opposite end, and before the runner, and interfere most nobly for him all the way down the field. For this reason every guard was at once coached to go out and interfere on the end. Three out of five were too big and slow to accomplish this to any advantage, but that did not seem to make any difference. Somebody had written that the guard should interfere on the end, and the result was that everybody had to wait until the guard got out there. Meantime, the runner was usually caught from behind. A good guard, who can pick up his feet lively, and who can get around quickly and easily after blocking, can get out before an ordinary fast runner. So, too,

can the opposite end. Some teams use the tackle here, but this is a mistake, because the tackle should slow up the opposing tackle and should also make the play safe from behind. A team ought not to have a quarter-back who is too slow to get out to the end as an interferer before the back with the ball reaches the other point. But for all that there are quarter-backs, and good ones, too, who are a little slow in this and hold back the runner. These men should either be coached into better speed or taught a little different way of getting rid of the ball on the run, perhaps, or be sent to perform the tackle's duties and let the tackle get there if the tackle is a remarkably fast man; otherwise such a transfer would only make bad worse. From what I have already said the captain can see that he must measure his interference by the speed of his interferers, and match them with the speed of his runner with the ball in order to satisfactorily solve the equation for his own team. It is the captain of brains who wins by doing just these things, while the captain without them takes the hard and fast rule that has been laid down by some one, perhaps of his own team, who has written an article from the knowledge of only one or two teams, and thinks that all can be brought up to exactly the same point in the same way.

Regarding going through the line close to the centre by backs, and by backs I mean the half-backs as well. There are two ways of helping a man through the line. One is to batter a hole before him and let him slip through, and the other is to put him up against the line and then push him so hard that the line has to yield and let him through. There are line plays which combine a variety of these tactics, but there are some principles to be remembered in connection with them which will give them something more than a careless "hit or miss" move. In the first place, a big, heavy man should never be run into the line with one or two light interferers preceding him, whereas a light man can be run in behind two heavy men with abandon. The reason for this is that there are times when the hole will be choked up in spite of the attempt of the interferers, and a heavy man getting his head down may strike one of the interferers in the back and incapacitate him for further work. It is not so apt to hurt the runner as it is the man whom he strikes, although there have been cases of injury to the runner. When the hole is choked up, and

heavy men are interfering, they can usually keep the mass moving away from the runner, even if they do not open the hole for him, and this play is much less hard and far less dangerous. In sending two light interferers ahead to spring an opening for the runner, it should be borne in mind that an opening made in this way is a quick, sharp one, and should not be called upon to rely for its efficacy upon steady pushing. An opening, on the other hand, made by two heavy men in this fashion can be much smaller and rely largely upon accumulated force even after the runner strikes the line. The men who go ahead to interfere must always remember to fall away from the open-



ing if they have to go down, and not block it up. The men who run behind the runner should always remember that it is their duty not only to protect him from behind and push and crowd him when he begins to slow up, but never, under any circumstances, to interfere with his legs. Foolish men going behind a runner will oftentimes step on his heels and throw him when the runner left to himself could have made his distance. The ends are particularly serviceable in this pushing work, and there are very few ends at the present day who do not understand their half-backs and backs so well that they can go up with them into line and give them courage and assistance by pushing after they have struck the line.

To come now to the wedges. Owing to the prejudice of the public and the feeling that wedge work was taking too much of the attention of the players, captains and coaches, the rule-makers attempted to eliminate a great deal of this work by the passage of a rule against momentum-mass plays as well as the passage of a rule insisting upon actual kicks. This latter rule I have mentioned earlier in this book. There is no question but that this has done away with a great deal of the most showy part of the flying wedge work, but the rule against momentum-mass playing is not likely to curtail the use of wedges materially. It will take off some of the weight which it was possible to get into these wedges, and in that way is an excellent thing, but it will take more severe legislation to eliminate mass plays. The mass play of years ago was not particularly dangerous in the big games, and, in fact, it was found that a good deal of the trouble came from school teams and teams where it was possible for one boy on the team to be considerably larger and older than his companions, and who was used as a peak of the flying wedge to the imminent risk of the limbs of his smaller opponents. But the fear that even in the big games the flying wedges would come to be used to exhaust some one good player on the other side, rather than for their proper purpose of gaining ground, became so strong that the legislation was imperatively demanded. Wedges, therefore, have now become wedges from downs, and of all of these the most successful will always be those in which two or three men are started well back of the line, and these men are afterwards joined, after the ball is actually put in play, by two or three others, and this entire mass then crowds through the line at the point.

The revolving wedge is also quite as possible as it formerly was. In this the men form a mass at the centre, directing, for example, their force upon the left guard. When the signal is given the ball is snapped, the quarter hands it to the full-back or the half-back, either will do, according to agreement, and the entire mass of men push forward directly on the guard. Having pushed for a moment until they feel the impetus checked they then turn their entire force in the direction of the guard on the other side, thus making it as nearly as possible at right angles to their former pushing, and keeping up a steady pressure there. And it will be found that the opponents, in

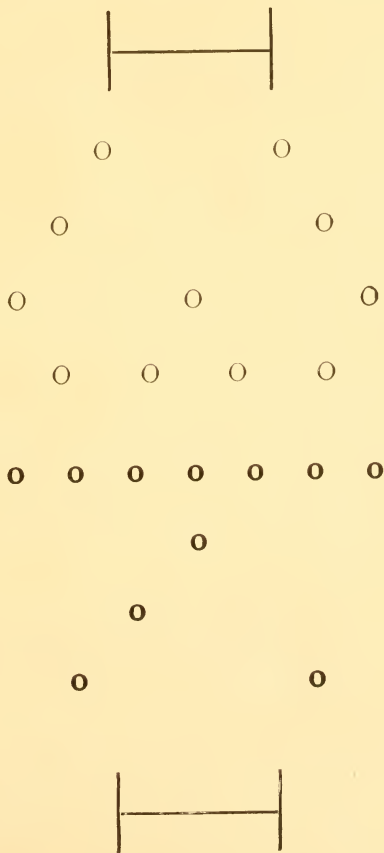
attempting to resist the first onslaught, have gotten their force directed straight down the field, and will not get back to this revolving mass, so that it is quite possible to crowd the runner by them some yards. Wedges at the end of the line, that is, the formation of wedges before the ball has been snapped, have not proven successful as yet, although there is no doubt but that there is a good principle involved, and if every team could be properly trained to perform them, it is possible that they might be efficacious, but they are altogether too complicated and as yet have not been fortunate enough to secure the brand of success. For this reason it is hardly advisable even for the best of teams to undertake, at the expense of their other plays, this so far unsuccessful manœuvre. In forming wedges the captain should always bear in mind that it is the legs of the wedge which count even more than the weight, and for this reason it is practice which makes the wedges successful and not the extra pounds in the team. A good, clever, pushing team made up of only average men in weight, could push a big, heavy team around almost at will, simply by the strength and precision of their work, attained only through long and careful practice. For this reason the captain should select such wedges as he decides are the most advantageous for his team early in the season, and then stick to those wedges and practice them unfailingly day after day until every man is perfect in his part and knows how to do that most valuable of all things in this work, namely push.

To come to the last point of this brief summary of plays, namely, kicking. The special points about kicking will be the accurate placing of the ball and the acquirement of long-distance punting as well as place kicking. Kicking into touch, where admissible under the rules, will be made much more of, and it will be absolutely necessary for a team to have good punters and quick, sharp kickers in order to take advantage of certain modifications in the laws of the game. To go into the details of these kicks would be an almost infinite task, but the captain can study out the situation from the following premises: A kick is absolutely necessary at kick-off, kick-out and every fair catch. What kind of a kick then will be most advantageous to his team? A short one, high, where his man can get under it, or a long distance one giving the opponents a chance, per-

haps, of return, but enabling him, if he has fast ends, perhaps to hold the ball down at the distance of the kick?

Kicking has thus come to be an absolute essential in a well-rounded team, and the style of that kicking adapted to the make-up of the individual components of that team in end rushers, tackles and backs.

Walter Camp



KICK-OFF FORMATION

QUARTER BACK PLAY

THE position of quarter back is thought by many to consist only in handling and passing the ball, while in reality it can be worked up so as to become one of the most important positions on the team ; firstly, because the quarter back is unhampered in his movements, and is free to go wherever he will, and secondly, being centrally located, he is in the best position to either interfere ahead of the ball or back up the play by pushing. A quarter back should never be idle—immediately after he has passed the ball, he should do one of the above mentioned things—interfere or shove—the former first, if possible, the latter, if unable to do the former. The ability to do these two things, in my mind, determines the quality of the quarter, for passing can be acquired by continual practice.

I am giving all the information I know about the position of quarter back. I have divided it, in order to cover the ground completely, under the following headings :

- (1.) Offense.
- (a.) Position of quarter.
- (b.) Handling and passing the ball.
- (c.) Signalling.
- (2.) Defense.

(1.) Offense. (a) Position of the quarter.—The position of the quarter back when stooping to receive the ball from the centre, must be free and easy, well bent at hips and knees, right leg advanced, left leg behind or, left leg advanced, right leg behind—some find it easier to recover with the knee of the leg behind resting on the ground—my advice is to assume that position which is easiest and quickest to recover from, in order to pass the ball. Having chosen the position, it is vital and necessary to take that same

position behind the centre for every play—for if the quarter stoops with right leg advanced when the play is on the left, and left leg advanced when the play is on the right, he makes evident to his opponent, the point of attack. If the play is for the right half or full back, through the right side, and the quarter assumes the position of right leg advanced, just as soon as the ball is snapped he should reverse the position of his feet, thereby putting him in a natural and easy position to pass the ball—the same holds for those who stand with left leg advanced when the corresponding play is made on the left side. Another important point is, after the signal has been given and the quarter taken his position to receive the ball, he should not look behind to see if his backs are in their positions, for by so doing, his eyes naturally rest on the man who is to take the ball, which again gives his opponent an advantage. A quarter cannot be too careful concerning these two points—namely, the taking of the same position behind the centre for every play and keeping his eyes directly in front.

(b.) Handling and passing the ball. It is essential that the quarter should handle the ball cleanly and quickly; the success of the play depends greatly upon doing this—practice and practice only will bring about perfection in this respect.

For plays between guard and tackle, tackle and end, and around the end, the ball should be passed, that is, tossed to the runner. For plays between guard and centre, also when line men are to run, the ball should be handed to the runner. In passing for a kick, some quarters use the round arm, some the underhand pass, both with or without a step. Whatever way is the easiest and quickest should be adopted. Kicking direct from the snap back has eliminated much of this part of the quarter back's work. Quickness tempered with carefulness should be cultivated, that is, of several ways of doing a thing, that which seems the quickest, and at the same time the safest, should be chosen. After passing for a kick, the quarter should turn and help block anyone coming through to stop the kick.

(c.) Signalling.

No special signal is necessary between centre and quarter for putting the ball in play. When the quarter is ready to receive the ball, the mere fact that his hands are outstretched should be enough indi-

cation for the centre to snap the ball back. If the quarter gives the signals, as it is acknowledged by all, the best position to signal from, he should first think of what play he intends to give, then after the signal for that play is given, he should wait a few seconds before placing his hands to receive the ball, for it is right here that a great deal of the trouble arises in signalling; the quarter forgets that he knows the play before the signal is given, while the rest are compelled to think a few seconds. There are several methods of signalling, the ones mostly used are: silent, sentence and number—the last is most popular.

(2). Defense.—When the opponents have the ball, the quarter, as I said before, is free to go wherever he will, but the position from which he can do most good, is about three yards behind the centre, from which position he can protect the centre, both sides of the line and either end.

A quarter, unless he be of heavy build, should never allow himself to be drawn into the line, but should wait his opportunity to get a clear path for a tackle. The quarter, through his ability in handling kicks, is now almost universally sent back when the opponents have the ball, while the full back comes up to the old quarter back's place.

The above matter I have gathered from my own personal experience, and I sincerely trust that I have put it forward in a clear, lucid manner, so that those beginners in the game of foot ball who read this article, and are desirous of playing the position of quarter back, may be benefited by it.

PHILIP KING.

HALF BACK AND BACK

THE position of back, and by back I mean, half back or back, on any of our college teams of to-day is probably the most conspicuous on the field. It is the position by which four-fifths of the ground gaining is accomplished and perhaps nine-tenths of all the long runs.

This does not necessarily mean individual play in any case, as it is impossible with the present style of defense for a half back to make any gain whatever if it were not for the interference and blocking of the entire team.

The requisites for a successful half back are many, and often we find teams with two backs making up these many qualities. The heavy line bucking and light, swift, agile man are the two styles of backs most common to-day.

The foundation for all successful foot ball players, as we all know, is an abundance of courage and dash, with the ability to keep cool and quick witted on all occasions.

The above qualities are especially necessary, together with quickness, agility, speed and ability to dodge. Although it is not absolutely necessary, it is important and better to combine with the above qualities the ability to kick. A half back can also cultivate to a great advantage the use of the arm in warding off tacklers. There is nothing which deters a man in tackling so much as to have the opponent running with the ball put out his arm and push him away by putting his hand against his chest, and especially in his face. In warding off, one should be just as skillful with the right arm as well as the left, or vice versa. As over and over again, in running through a broken field, it is necessary to change the ball from one arm to the other in order to have the other arm free to ward off tacklers.

As mentioned before, courage and dash are two of the fundamental qualities for a successful foot ball player, and especially for half back, as he is called upon repeatedly to dash into the opposing line, and often without any gain. Here it is where these qualities show forth, for he must get up with the determination that next time HE WILL GAIN the required distance. He must be always cool under these trying circumstances and never lose his temper or head. He must show his wits, for if he is eventually successful in passing the opponent's line he must make up his mind instantly which way to run to receive the greater interference and make the greatest gain.

Too much stress cannot be laid upon quickness in starting, for often we find half backs lacking this one quality which prevents them from being first-class men in that position. A light man, for this reason, is sometimes more successful at half than a heavy one, the latter who, when fairly started, may be ten times harder to stop, somehow is never able to get off against a strong team. Together with quick starting, another important point is receiving the ball from the quarter. There must never be any retarding of speed in taking the ball; in fact, the player should become so accustomed to receiving the ball while on the run that he really can't tell exactly at what time he receives it; or, in other words, receiving the ball on the run should become a second nature to him. After a quick start speed is very necessary in circling the ends, and to keep up with your interferers. In some cases the half back will find it very useful to keep one hand on the shoulder of the interferer nearest him to aid his dodging by shoving the interferer into one or more of the opponents.

The art of dodging, which often aids in some of the prettiest runs made on the field, seems to be more easily acquired by the smaller and lighter men than by the heavier. The most deceptive and perhaps the most successful dodging is accomplished by backs, who, while running at their full speed, do not change their pace nor slacken their speed whatever in changing their direction. It is therefore an advantage not to take too long a stride. Here, again, the use of the arm in warding off tacklers cannot be over-estimated. No definite rules can be set in regard to following interference, as it depends to a great extent to circumstances and to the ability of the half back.

The recent changes in the rules will make kicking more frequent, and necessarily require backs to be more perfect in catching punts than formerly. Constant practice is the only means of accomplishing this end. Be sure and practice all kinds and styles of kicks, those that spin and sail, as well as those that turn end over end. Care should be taken in not allowing the ball to strike the chest, or catching it high up.

These are a few brief points on the position and may be of use to a few who might chance to read them.

LAURENCE T. BLISS.

HOW SIGNALS ARE GIVEN

TO the uninitiated spectator the management of the play of a foot ball team has always been more or less of a mystery, How do the different men happen to go in a certain direction or execute a certain movement at just a certain time? is a question that has frequently been asked by casual observers of a foot ball match. More experienced onlookers are usually able to answer the question in a general way by explaining that signals are used, and nearly every one has at least been told and understood in an indefinite way that a puzzling combination of numbers is called out by some member of the team before each play, and has its significance in regard to what is to be done by the players ; that is, that the combination of numbers is a signal.

That there is some method of designating the man to whom the ball is to be passed after being snapped back is, of course, also generally understood ; but that each combination of numbers is a signal which conveys to the mind of every man on a team exactly what he and every other member is to attempt to do is a fact which, even if known generally, probably requires a full explanation to the majority of persons in order that they may realize how the thing is done.

For the purpose of thoroughly enlightening the general public, therefore, a complete system of signals, by which practically any play ordinarily undertaken by a foot ball team may be made, is herewith set down and fully explained.

The system given is one of the simplest possible, and is used so as to avoid confusing the ideas of the non-expert with a great complexity of numbers, such as is sometimes involved in the elaborate systems used by some teams.

It will give the reader an idea of signaling sufficient to enable him to at least appreciate the fact that the different and apparently inexplicable combinations of numbers which he may hear on the foot ball field certainly have a very definite meaning to the players.

The system here given is composed only of numbers, and it is by the use of numbers almost entirely that signals are given by the leading foot ball teams at present. Several years ago, systems involving signals with the hand or some motion of the body, or the use of certain words, were very commonly used, but with the new methods of play most of that sort of signaling has become obsolete, leaving the system involving numbers only the one now almost universally employed. The use of the following diagram will make the explanation of signalling very easy to comprehend.

L. E.		L. T.		L. G.		C.	R. G.		R. T.		R. E.	
11	x	9	x	5	x	1	x	2	x	6	x	12
			7		3			4		8		
						Q.						
						X.						
				L. H.						R. H.		
				X		F.				X		
				13		X				14		
						15						

In the above diagram the X's represent the eleven players lined up in their respective positions ready for the signal. The players are, taking them in order, as indicated by the abbreviation above each X; Left end, left tackle, left guard, centre, right guard, right tackle, right end, quarter back, left half back, right half back, full back. Each of the men who, ordinarily, do the running with the ball, is also designated in the diagram by a number; that is: Left guard is designated 3; left tackle, 7; left half back, 13; right guard, 4; right tackle, 8; right half back, 14, and full back, 15. The two ends, who comparatively seldom get the ball to run with, and the centre and quarter back, who run with it only in very exceptional cases, are not considered as ground gainers in this explanation of signalling, and, therefore, are not designated by numbers in the diagram.

The six spaces between the seven players in the line are designated

as shown in the diagram, as follows: Between centre and left guard, 1; left guard and left tackle, 5; left tackle and left end, 9; centre and right guard, 2; right guard and right tackle, 6; right tackle and right end, 10. The spaces beyond each end are designated by Nos. 11 and 12 for left and right ends, respectively.

It will be perceived that all the players and spaces on the left of the centre are designated by odd and those on the right by even numbers. The full back is numbered 15 simply so as to make the numbers consecutive from 1 to 15, inclusive. The position, inasmuch as it is neutral as between the left and right of the centre, so far as this system is concerned, might have been designated indifferently by either an odd or an even number.

Supposing the members of the team to have committed to memory the numbers as applied in this system and to be thoroughly familiar with them, as they needs must be, in order that they may work smoothly, the subject of the manner of using the numbers may be taken up.

The simplest way in which the signals can be given by the captain or the quarter back, who usually gives them, as he has to pass the ball, and can usually do this more surely if he himself decides beforehand upon the man to whom he shall pass it, is to give first what is technically known as a bluff number, and means nothing, and to follow this with the number of the player who is to take the ball, and the number of the space where he is to endeavor to advance.

For example, the quarter back wishes the left half back to go around the right end. The signal would be 7—13—12. The first number being the bluff, and having no significance, may, of course, be any number at all.

If the play desired were to have the right guard run with the ball between centre and left guard, the signal would be 9—4—1. This is the principle of the whole system.

In case this system is so simple that the opponents would discover the meaning of the signals, as might easily happen, it would only be necessary to change the method of giving them. One of the most common ways of doing this would be to have the sum of the first two numbers of a signal to be the number of the player who is to take the ball, and have these followed by the number of the space through

which he is to go. Thus 4—3—6—21—12 would mean that the left tackle (4 plus 3 equal 7) is to run between right guard and tackle. Nos. 21 and 12 being simply given haphazard without any real meaning; 8—6—11 given as a signal would mean that the right half back (8 plus 6 equals 14) is to run around the left end.

In this way, or by still further changing the order of giving the signal numbers, the opponents may usually be kept in ignorance of the offensive side's intentions.

Sometimes, however, it is found necessary to change to an entirely different system of signals to that which has been in use, as for a team used to signals of various sorts it is sometimes an easy matter to make out a system of signalling.

The signal for a kick is a very simple thing usually, and might in this system be made any number between thirty and forty. Thus when the system is to have the sum of the first two numbers count for the player, the signal for the full back to kick might be 7—8—35. Different numbers might be added to have the ball kicked in a certain direction. The different combinations of numbers, which may be made by the use of this simple system of signals, can be readily perceived. This system, as outlined, could be put to any use in playing straight foot ball. If it is desired to introduce trick plays, or to vary the game in other ways, the system has only to be extended ad lib.

TRAINING FOR FOOT BALL

JAMES G. LATHROP, IN "OUTING."



IT is with many misgivings that I write on "Training for Foot Ball," because my views on the subject, though based on long and practical experience, are radically different from the methods practiced at preparatory schools and the largest colleges. The prevailing idea of those who shape the policy of foot ball coaching seems to be that the more hard work the team does from day to day, the better foot ball it will be able to play on a given date. The general physical condition of the men is quite subordinate, even if it enters the minds of the coaches at all. By this I mean the all-round good condition that comes from a judicious amount of exercise that makes a man eat well, sleep well, and feel good with himself and those about him. Sometimes, a week or two before the big game, the team is found overworked. Then the players are given a let up. This seems too much like getting a man ill in order to cure him. He is the better for the rest, but not so good as if he had never been carried to the point of needing it. I admit that the length of time necessary, each day, to teach a man a game of foot ball is long, and it may be too long for the development and maintenance of his best physical condition; yet I hold that a man played so long each day that he feels tired all the time, and has to force himself into his foot ball suit, will not absorb

so much of the coaching as a fresh man. He will not be keen to grasp the situation to accomplish a play, and his physical condition is unfavorable to rapid work. I would prefer men who knew less foot ball but were strong and active. The problem is to develop the highest physical condition consistent with a thorough learning of the game. The method is by keeping the mean.

All who have made the least study of physical training know that too much long work make men slow, just as too much fast work will. The coaches on a foot ball field work almost as hard as the players themselves. Hence their judgment in the amount of work doing, or how the team is standing it, is not likely to be good. Someone on the outside, who makes a study of condition, could observe much better and be better qualified to pass an opinion.

The coaches in a practice game are in the thick of the battle as much as the players; a play does not work well, the coaches lose their tempers and abuse the players, who get angry; everybody ditto. As a result, practice intended to last twenty minutes or half an hour is prolonged to an hour. The next day the coaches, without considering the hard work of the day before, are surprised to find the team slow. The chances are they will consider the team lazy or short of work, and will repeat their error by extending the practice. This is no fancy sketch, but happens repeatedly on every foot ball field. Men whose judgment would usually be considered good seem to lose it when they get mixed up with "through the centre" and "round the end" plays. If they had a saw-mill run by water, and wanted to saw to-morrow, they would know better than to use all the water in the pond to-day, for the pond cannot fill during the night. Yet they play their team all out each day, leaving no reserve strength and nerve force to help recuperation at night. It is no wonder the month of November sees a lot of used-up players. The tired player is the most likely to get injured. Foot ball is a good game for men properly trained. The great bane of the game is overtraining.

It is not likely that this article will have much influence with those who have for years been accustomed to the regular way of working foot ball teams. Having had to do, when playing, with elevens that won, naturally the style of work then done is followed by them. They never think that their team won in spite of its training, instead of on account of it, and that probably the other team was trained just as badly. It is with the younger fellows in the preparatory schools that I hope to have some influence. They do each day twice the amount of hard work necessary to get them into their best conditions. They do not like so much hard work, but do it because it is supposed to be the proper thing and because it is done at college, where the man who can stand the greatest amount of abuse without grumbling is the best fellow.

Foot ball cannot be played properly, either in a match or in practice, without hard, fast play all the time. Any attempt to loaf, or let up, during the play, either by an individual or a team, is at once frowned upon and very properly so. Hence every day's practice is like a trial, and what would be thought of a trainer who gave his crew, runners, walkers, or jumpers, a trial six days in the week, or who gave his horses miles and repeat day after day? These men would tell you it would slow them, throw them off their feed and have other undesirable results. Yet this is what is done with most of the foot ball elevens every autumn.

Such excessive and continuous work in foot ball is quite unnecessary. I have seen a team picked from one of our largest colleges, with the best coaching procurable and trained on the killing process for six weeks, take two half-hour halves to score twice against an athletic club team which only got together for practice twice a week. It is true that they had a game with some outside eleven every Saturday, but they never had a second eleven to practice against, and some of the players on this team were not thought good enough to play on the above 'Varsity eleven. It is not so very many years since the men training for the eleven of one of our largest preparatory schools, ate

raw meat because they thought it would give them better wind.

Within a few years the captain of the eleven of one of our largest colleges told me that he played his men two or three hours the first day. He knew it would make them sore and stiff, but the idea was to toughen them and to show them right at the start that the game was no child's play. At another large college, in ten days after college opened not one man of the first eleven was able to play owing to injuries. Many of these could be directly traced to too hard and long continued work, but most, perhaps to the "piling on" of players after the ball is down. That has heretofore been the cause of more injuries than all the mass and momentum plays combined. Now that a rule has been made to stop it, I believe we shall see fewer cripples on the field; and as the halves have been reduced to thirty-five minutes each, there need be less work done to give the players endurance.

Now that I have tried to make it clear how a foot ball eleven should *not* be trained I will explain how I think it ought to be done.

For a week or two at the beginning of the season, the captain and coaches have a large number of men to try, and there is then less liability of any one set of men getting a chance to play too long at a time. It is after the so-called dead wood has been eliminated that the time comes for the trainer to look carefully after the daily work of the first eleven and substitutes.

If one had say thirty, who were all in the same condition, the training would be much simplified. Unfortunately, whilst some have been playing tennis, base ball, rowing, or were in the track athletic team, and so are in fair condition to stand the hard work of foot ball, others have simply done no work since the last foot ball season. These are either too heavy from high living and lack of exercise, or, if not so constituted as to take on weight with idleness they will certainly lack strength and win.

There is always a cry for heavy men for the rush line particu-

larly in and near the centre. These big fellows, with their aldermanic proportions and over two hundred pounds, are generally used up very soon in attempting to do as much work as men who begin in fairly good condition. If they are to be of value in the big games they must be handled with great care. While they must work hard to get rid of their fat, they should not be put in the line every day. They should be played but part of the time each day—five minutes one day, ten another, back to five the next, and so on, gradually increasing the time as condition improves. Big men out of condition have to carry from ten to twenty-five, and possibly more, pounds of useless weight. Their muscles are being just so much overtaxed, and are more liable to injury. They will, of course, need work other than that they get during their short time in the daily practice, to bring them down to proper weight. This work should be mainly running, not several miles on a stretch, or even one mile, but short spurts of about fifty yards followed by walks of about the same distance. The rate of speed in the run should not be a man's best, yet it should be much faster than a long-distance gait. The walk between the runs gives the muscles a chance to rest, allows the exercise to be kept up longer, thus increasing perspiration and the reduction of weight. It also tends to develop speed, which the long, slow run does not, and it is nearer like the work in foot ball with its sudden rushes and corresponding rests between. While it is tiring, there is not the danger of sprains, which are always double with heavy men early in the season. As the special object with these men is to get off weight, and as the majority of young fellows eat from one-quarter to one-third more than they need, it would be well to eat less, not paying so much attention to quality as quantity. This can be done without loss of strength, and is a great help in reducing. I have seen big men, who might have been of value, played so long each day that they were of no use when needed.

Now about the training of half backs, of which there are really three, there being little difference between the work

required of the half and full back. Generally these men are the most likely to be injured, for they are continually shot into the rush line. When two bodies meet, both are about equally liable to damage, still there are but three backs on the eleven and they do most of the battering. It is not unusual for all the backs on the first and second elevens to be used up from this continual hammering. Now, if we divide by two the number of times a back is sent into the line, we certainly reduce by half the chances of his being injured; and pray what is the use, after he knows his game, of continually sending him up to almost certain injury? A well back is gamer, and he will go up against the line harder than an injured one, and the latter will not have his best speed to go round the end. I don't say he must not be sent into the line in practice, but reduce the times as much as possible. His work, practicing kicks and running round after punts in making fair catches, together with what he gets while practicing plays and signals, will do much to keep him in condition. The value of rest is frequently shown after players have been laid up for two or three weeks owing to injuries. The men come out and play phenomenally well, and what was considered a great calamity has proved a blessing in disguise. I have known inferior men to make the 'Varsity eleven with but two weeks' training, and have seen a coacher, whose position the year before was guard, not satisfied with the way the position was being played, go right in without a particle of training since the year before, and play a forty-five minute half. It is true he was pretty tired, but his performance proves that the long practice usually given is not necessary to fit men to endure the game; and if not, why punish them more than necessary?

I have seen the time when all the 'Varsity backs, as well as those on the second eleven, were used up from this continual going up into the line, and the captain was obliged to send to the class elevens for someone who could play the position in order that the rest of the team could get their daily dose; and yet those volunteers showed surprising speed, and went up against

the rush line with that reckless dash so satisfactory to the on-lookers and coaches. In less than a week the pounding sent them down below the level of those whose places they had temporarily taken. Observations like these have convinced me that backs are made too much use of in practice.

The work of the rushers is not so violent as that of the backs; they are not so liable to injury, and they can stand more of their kind of work. There is then less need of sparing them; besides, rushers can be made better than backs. There is work they can do other than lining up and playing hard foot ball, to condition them for the strain of a championship game.

It has always seemed to me that a foot ball eleven never gets credit from their coacher for doing any real training until the men line up to play real foot ball. No account seems to be taken of the tackling practice, catching the ball, dropping on it, and the practicing of tricks, signals, and plays generally; or of the work often done in the forenoon by the backs, such as punting, drop kicking and kicking goals from placing. All this is trying work, and certainly should be considered when reckoning up each day's training; neither should the many hours of foot ball lectures be left out, for there is a mental as well as a physical strain in this game.

Men go to college, too, for something else besides playing foot ball, and there are recitations to consider. Men overworked in their preparation for foot ball will not do as well in their studies. It will not do to burn the candle at both ends.

The playing time each day should be only so long as the team can play with snap, not forgetting to shorten the time of extra hard playing on days when more than the usual time has been taken up with other practice. I know it often happens that graduates travel long distances to help coach the teams, and as their time is limited, naturally they want to do as much as possible. This extra drive should be followed by a let up in the work of the men, or the team will soon be all dragged out. A team that could play two thirty-minute halves

in practice should be able to play two forty-five minute halves in a championship game, and now two twenty-five minute halves in practice should be sufficient for the shorter struggle. I believe that any eleven would be further advanced in condition by Thanksgiving, and play better foot ball, if it did not line up and play hard foot ball more than every other day. Little or no time should be taken up with the technique of the game on these days, the other days being devoted entirely to that. As a team, soon after the season opens, plays two regular games with outside elevens each week, usually on Wednesday and Saturday, this would give hard foot ball on Monday, practice (technique) Tuesday, a game Wednesday, Thursday practice again, Friday being used for both practice and some hard foot ball, trying new plays in actual playing, and rectifying mistakes of the eleven as shown by their previous games. Two ten-minute halves per day are long enough for the first week, and two fifteen minute halves for the first outside game; fifteen-minute halves the second week and the same time for outside games, with no change in time for third week, either in practice with second eleven or other games.

The fourth week change the playing time to twenty-minute halves one day, and back to fifteen the next. This week the outside games might be twenty-minute halves. Fourth and fifth week alter the playing time according to the apparent ability of the team, but better have one outside game thirty-minute halves, preferably on Saturday, as the men will rest on Sunday.

This amount of work I would not alter much for the sixth and seventh weeks, which would probably bring us up to a week before the great game, which week should see a considerable "let up" in hard foot ball practice. The men should have almost total rest two days before, and as near as possible total rest the day before the game. This gives the teams a chance to fully recover their elasticity. This plan of work has left out technique practice on the days the eleven does not line up to play hard foot ball. These days, Tuesdays, Thursdays and

part of Fridays should be devoted to passing the ball, dropping on it, tackling, signals, rying plays, and such other work as is deemed necessary outside of actually lining up to play hard foot ball. Perhaps on these days some running would be beneficial to the team. It should not be the long, slow run, but short, quick spurts, of from twenty-five to fifty yards. Five or six of these are enough, with short rests between. This would help the speed. As quick starting in foot ball is very desirable, the men should practice what is known among professional sprint runners as "five yards scratch starting," that is, two men "score up" (as trotting horses do in races) between two marks, five yards apart. Starting at the first mark, each tries to beat the other over the second. If they both go over this one, it is "a go," and they race then to twenty yards. From four to six times is enough of this. The length of time devoted to all this kind of work on the off days does not matter so much, as none of it is exhausting, and from an hour to two hours a day would be about right. The shorter time at first, and never more than the latter.

If it is thought best to mix the work of the team, practicing the technique, lining up, and playing hard foot ball every day, then I would shorten the time of hard play from that given above. I do not consider that any team would be at its best at the end of the season if it did the above amount of hard playing each day, together with the other work so necessary to learn the game. Two hours of foot ball work each day, whether on the field, in the cage, gymnasium, or lecture room, is enough for any team, for this really means three hours, counting the time of dressing and getting to and from the field.

A word about clothing. The foot ball suit, with its padded trousers and jerseys, cannot be washed, and soon becomes very much soiled, so light underclothing should be worn next the skin. This will help absorb the perspiration, and can be changed at will.

Now a word about the men on the side lines, the substitutes, who are waiting to be tried, or to take the place of some player

who has been injured, or has shown indifferent playing. Usually these men are not sufficiently clothed. Late in the season the weather is apt to be severe, and rain, cold or blow, never stops practice; yet these men often stand around with too little clothing on. It seems the general understanding that a foot ball player must be tough, which is true; but many a player has exposed himself unnecessarily on the side lines, and ruined his chances of making the team, by a cold contracted by this exposure. Too often a sweater thrown over a man's shoulders, with the sleeves tied under his throat, is deemed enough protection. These idle players should be provided with heavy overcoats or blankets.

Of course all players understand the advantage of a bath and rub-down after the hard work, but both should be taken in a comfortably warm room, and with the exception of special application of warm water to sore spots, the water used for the bath should be cold.

As all the players are likely to be ready for their rub-down at about the same time, unless plenty of rubbers are on hand it would be better not to wait, but dress at once. I do not approve of men standing around naked for fifteen or twenty minutes waiting for their turn. The street clothes should not be hurried on. Plenty of time ought to be taken for dressing, or a man will break out into a perspiration again, and so invite a cold. In closing I will say it is my opinion, formed during an experience of twenty years, that a man undertrained—that is, not trained enough to be at his best—is far better than one overtrained, for the former will certainly have his snap for a time, while the latter will be dead from the start.

I am an advocate of less work in the training of foot ball elevens. I do not believe a man goes out to play foot ball who does not intend to do his best. If he is kept a little within himself he will thrive; if driven beyond his strength to a point where it ceases to be fun his team will not get his best efforts.

Foot ball is a game supposed to be played for the pleasure there is in it and the benefit of the exercise. Any eleven that

is worked so hard each day as to require driving is not getting the best there is out of the game, nor will the men improve so fast as if play ceased a little before they wanted it to.

As diet is considered a part of training I will say a few words about that. The field is the place to train, and not at the tables. Don't overeat, and take plenty of time to eat, but above all things don't eat anything between meals. Three meals a day, five to six hours apart, are enough. On the training table should be served all kinds of fruit and vegetables in their season. For meats: roast beef, steaks, roast or boiled mutton and chops, chicken, turkey, served without highly seasoned sauces. Eggs cooked any way desired. Dry toast, wheat, Graham and brown bread; no hot biscuits. All the cereals; tea, coffee, milk, one cup or glass at a meal. Little or no pies or cakes, but plain puddings such as tapioca, rice, cornstarch, bread and butter. During the day drink what water you *need*. This is different from as much as you *want*. Don't wash your food down with any liquid. When thirsty, instead of drinking cold water as long as it tastes good, take two or three swallows. Repeat in two or three minutes until thirst ceases. Taken in this way it will do no harm, even if you are warm. Fish is good occasionally for a change in diet. Salt fish or meats and highly seasoned sauces should be used very sparingly, if at all, as they create an unnatural thirst. All food should be cooked to suit the taste. The days of raw meat and other absurd diets have passed away.

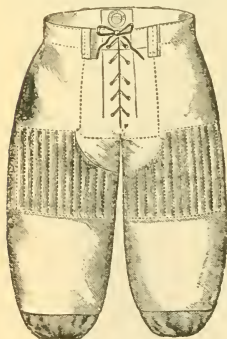


MICHIGAN UNIVERSITY FOOT BALL TEAM AT PASADENA, CALIFORNIA,
DECEMBER, 1901.

How to Equip a Foot Ball Team

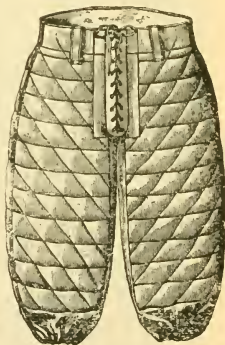
The most essential point in starting a foot ball team is to have every player properly clothed, and following is a list of the principal articles worn by the leading university and college teams throughout the country :

Spalding's Foot Ball Jackets are made of a special heavy white duck, sewed with the best and strongest linen, and hand-made eyelets. Those with sleeves cost 75 cents; without sleeves, 60 cents.



No. OOR.

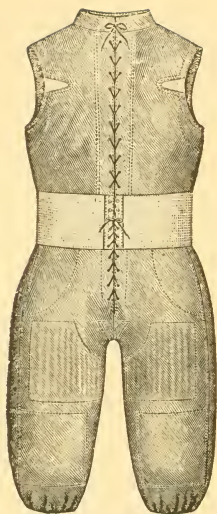
Proper pants to be worn are the No. OOR, which are made of imported moleskin, very light weight, padded hips and knees, with reeds on the thighs, thus preventing injury to the hips and knees and doing away with injuries to the thighs so often called "charlie horse." Price of



No. 1P.

these is \$4.50 per pair. A good light weight pair, No. OMR, is made of moleskin, padded hips and knees, with reeds, same as No. OOR, and retail for \$3.00. The canvas pants, No. 1P, are made of good white duck, well padded throughout, and sell for \$1.50, while a pair made of heavy drill, well padded, No. XP, can be bought for 80 cents.

The accompanying cut illustrates Spalding's 'Varsity Union suit. This consists of their special 'Varsity foot ball jacket and pants connected by a substantial elastic belt. The price of this complete is \$5.00. The jacket and pants can be bought separately, however, the jacket (sleeveless) 90 cents each, and the pants, \$2.00. These suits are made scientifically correct, of the lightest and strongest brown canvas, specially manufactured for these goods. The hips and knees are properly padded and the thighs have cane strips. An important feature of the jacket is an elastic gusset in the armholes in the spot where the players know it is required.



Sweaters are a needed adjunct of every foot ball player's outfit. Spalding's No. A Inter-collegiate Sweater, which is the official sweater worn by all the leading university and college teams, is made of pure Australian lamb's wool and has been found indispensable as a preventive for taking cold. It retails for \$6.00. The No. B heavy weight sweater retails for \$5.00, and the No. C, standard weight, for \$4.00.



No. 10PX.

In jerseys, a very popular garment worn with sleeveless jackets is Spalding's No. 10PX, which is manufactured from hard twisted worsted of good quality and closely woven. It is made with a solid color body with alternate striped sleeves—usually



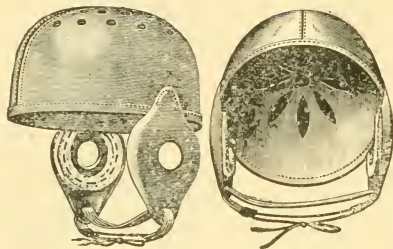
No. 10PS.

two inches of same color as body with narrow stripes of any desired



No. 728.

A good belt to wear is No. 728, russet or black, which retails for 50 cents. A cheaper quality can be bought for 25 cents.



No. 60. Double Crown Head Harness.

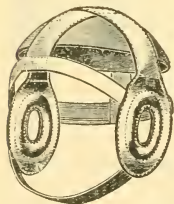
In the matter of head harness there is quite a variety to select from. The best is undoubtedly Spalding's No. 60, which is made of the heaviest oak tanned leather and ventilated. It protects the entire crown of the head, breaks the force of any blow received, and while it is the lightest head

harness made it is at the same time the strongest. The price of No.

60 Head Harness is \$5.00. The next best is Spalding's No. 50 Head Harness, which has a heavy sole leather crown, ventilated, and with improved ear pads. This is one of the most popular head harnesses made, and is used by many of

the leading colleges throughout the country. The No. 50 sells for \$4.00. Spalding's

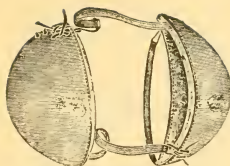
Head Harness No. 30 was designed by H. B. Conibear, No. 50 Head Harness. trainer at the University of Chicago. The crown piece is made of oak tanned leather, molded to shape; the ear pieces are well padded and the



harness complete gives ample protection to all parts. The price of the No. 30 is \$3.00. Spalding's No. 35 Head Harness is made of tan leather and thoroughly padded with wool half an inch thick, with an elastic to go under the chin, and is adjustable to any size head. It is a thorough protection to the crown and back of the head and also to the ears. This sells for \$2.50.



No. 35 Head Harness



Improved Leather Pad.

Something new in shoulder guards is shown this year in Spalding's improved leather pads for the shoulders. They are made of heavy leather, well padded, and molded to form. In connection with their elbow and knee pads, they afford absolute protection. They cost \$4.00.



Players in buying pads to be attached to their jerseys are advised to get Spalding's leather covered pads, which can be attached to any part of a jersey,



but are especially adapted for the shoulders and elbows. They are covered with tan leather, lined with heavy drilling and filled with pure curled hair. These pads, for either the shoulder or elbow, cost 50 cents for each one.

The Morrill Nose Guard is made of the finest rubber that can be procured, and no metal or wire is used in its construction; it is the only nose guard which to-day meets all the requirements of the game. It also protects the teeth as well as the nose and retails for \$1.50.



Morrill Nose Guard.



Spalding's Mouthpiece.

Spalding's rubber mouthpiece is made of best quality Para rubber. It gives perfect protection to the mouth and teeth, and sells for 25 cents.



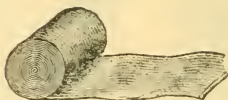
Foot ball players often have need of a good bandage, either for the wrist, knee, elbow or shoulder, and for their guidance we illustrate a few of the most popular kinds. The shoulder cap bandage is made in both cotton and silk thread, the former retailing for \$4.00 and the latter for \$5.50. The knee, elbow and



ankle bandages are also made in cotton and silk thread, and sell \$1.50 for cotton and \$2.00 for silk thread. The wrist bandages cost 75 cents for cotton and \$1.00 for silk.



A bandage that is often used is one composed of threads of rubber completely covered. It is light, porous,



and easily applied. The pressure can be applied wherever necessary, following all depressions or swellings with folding and unvarying uniformity. One of these 2½ inches wide and 5 yards long (stretched)



costs 75 cents, while one of the same length, 3 inches wide, costs \$1.00.

Spalding's No. 85 Elbow Pads are made of solid leather molded to form and lined with felt, and retail for 90 cents each. The No. 90 Knee Pads are also solid leather and retail for \$1.15 each.



The Hackey Patent Ankle

Support is highly recommended by all the coaches as the best of its kind, and prevents many injuries to the ankles. It relieves pain immediately and cures a sprain in a remarkably short time. The price is \$1.00 per pair.



The No. 5 "Bike" Supporter has been conceded by all as the only jockey strap suspensory. It is clean, comfortable and porous, and is made in three sizes. The price is 75 cents.



No. 5.

Two other well known suspensories are the Spalding, which sells from 25 cents to \$1.25, according to material used, and the Old Point Comfort, at \$1.00 to \$1.50, depending on the material also.



The Spalding.



O. P. C.

Spalding's elastic supporters are used a great



deal, and are a most necessary part of the equipment. They are made in several styles, and cost 25 and 50 cents each, depending upon material used.



The cut shown herewith illustrates a desirable accompaniment to the foregoing supporters. It is called a lower abdomen protector, and is made of heavy wire, well padded and covered with chamois. It costs \$1.50



Spalding's Combination Foot Ball Glove and Wrist Supporter is something new in this line. It is the invention of H. B. Conibear, trainer at the University of Chicago. The back of the hand is protected by a piece of sole leather, and any strain to the wrist is avoided by the leather strap supporter which forms the upper part of the glove. It is made for either hand and costs \$1.00.



For those who do not wish such an elaborate wrist supporter as the above, there are leather wrist supporters made in tan or black leather, those with a single buckle costing 25 cents and those with a double strap and buckle costing 35 cents. Those

with lacings, as shown herewith, in tan or black, cost 25 cents.



The Spalding Official Intercollegiate No. J5 foot ball needs no comment, and is known throughout the country as the "official" ball. It is used by all the universities and colleges throughout the United States. It should always be used in practice as well as in regular games, as

the players can thus accustom themselves to its "feel." It retails for \$4.00. There should always be a few extra balls on hand.

The Way to Tackle Properly.

One of the most essential things in the game of foot ball is that the player should know how to tackle properly, thereby preventing injuries and making himself one of the most valuable



PLAYER GETTING READY TO TACKLE DUMMY

men on the team. This can only be acquired by practice, and the Spalding Tackling Machine with the McMaster improvement has been accepted as the only true method of teaching the players how to tackle. The tackling machine has been in use for several years and is al-

most indispensable for the

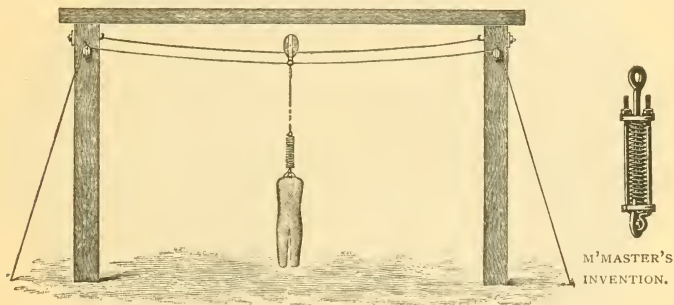
training and coaching of the team. The new tackling improvement was invented by Mr. John McMaster, trainer of the Harvard team, and was used all last year by them with a very successful ending, and will be used by Yale and all the larger universities and colleges this coming season. Those who noticed the tackling of the Harvard team last year will agree that there was something that had given them the ability to tackle in the fierce fashion that they did, and no doubt it can be attributed to the use of this new attachment for the tackling dummy.



PLAYER HAS TACKLED AND THROWN DUMMY

The first picture shows the player tackling the dummy, and in the other we see the player after he has tackled and thrown the dummy.

The price of the tackling machine is \$40.00, retail. The price of the new attachment on the foot ball tackling machine is \$15.00. On application a blue print and drawing of the tackling machine with full description as to how to put same up will be forwarded free of charge to any address by the makers, A. G. Spalding and Bros., from any of their stores in New York, Chicago, Denver, Baltimore or Buffalo.

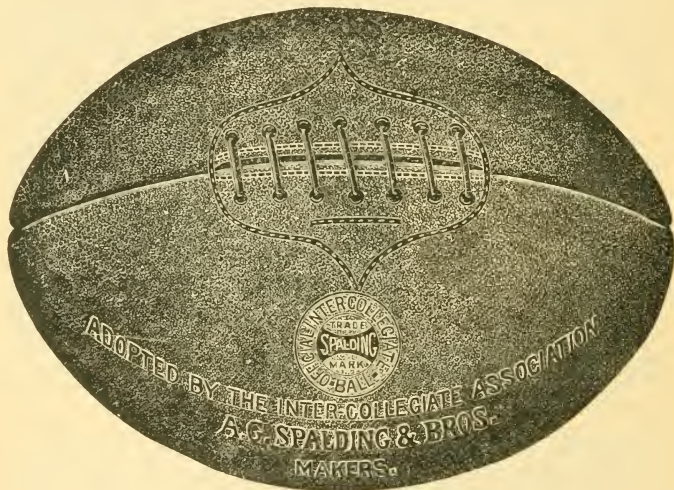


TACKLING MACHINE COMPLETE.

In conclusion, we would advise every boy who wishes to excel as a foot ball player to secure a copy of Spalding's Athletic Library No. 119, "How to Play Foot Ball," edited by Walter Camp. It contains a chapter for beginners and another on how to play, by Mr. Camp. Other chapters are devoted to the various positions on the team; quarter-back play is treated of by Phil King, the famous ex-player of Princeton, and now a well known coach; how to give signals is explained very clearly, and in addition there is a chapter on training for foot ball. The book can be obtained from newsdealers or will be sent on receipt of ten cents by the publishers, the American Sports Publishing Company, 16 and 18 Park Place, New York.

THE SPALDING OFFICIAL INTERCOLLEGIATE FOOT BALL. ❁❁❁❁

Used exclusively by
all the leading uni-
versities, colleges
and athletic associ-
ations in the United
States and Canada.



We have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively in all match games between the leading colleges.

No. J5. Price complete, \$4.00

A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

Spalding's New Attachment for Foot Ball Tackling Machine



PLAYER HAS TACKLED AND THROWN DUMMY.

The attachment described herein was invented by Mr. John McMasters, trainer of the Harvard foot ball team. It was used by them in their practice all last foot ball season, and the Yale team will use one this Fall. The arrangement of the whole thing is simplicity itself. When the dummy is tackled and tackled hard, the spring will bear down until the dummy is released, and you get exactly the effect of tackling a man and downing him. It takes good strong tackling to do it and renders it impossible for any one to learn to tackle in a weak careless way. It is universally conceded to be the best appliance for use in connection with a tackling dummy yet invented, and the efficiency of a team is improved from the first trial. Those that noticed the tackling of the Harvard team last year will agree that there was something that had given them the ability to tackle in the fiercest fashion. It may be this attachment played its little part. We furnish it complete with block and attachment spliced to rope ready to be attached to any tackling machine.

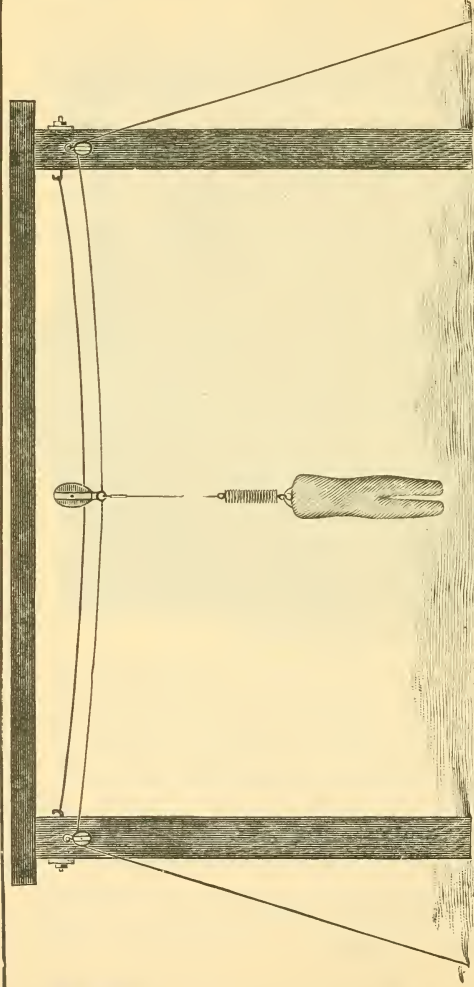
New Attachment for Foot Ball Tackling Machine. Each, **\$15.00**

A. G. SPALDING & BROS.

NEW YORK.

CHICAGO

DENVER

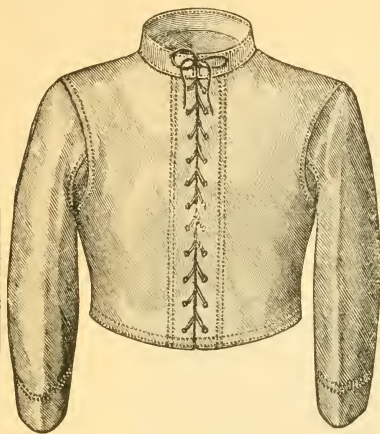


SPALDING'S NEW AND IMPROVED FOOT BALL TACKLING MACHINE

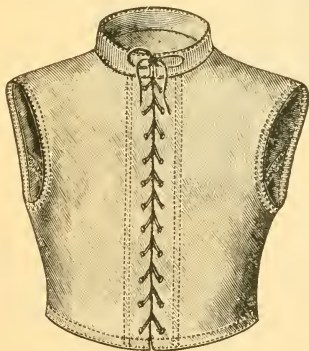
This machine was invented by Capt. Garrett Cochran of the Princeton foot ball team and improved by Glen S. Warner of Cornell. The dummy is made without joining at the waist, which greatly adds to the strength, and the legs at the bottom are also reinforced with leather to prevent wearing out where the bottom drags on the ground. It instructs players how to tackle properly, and develops quickness of the eye, which enables them to tackle with accuracy and without fear of being hit by the weight which has always been overhead.

Price, not including new tackling arrangement, \$40.00

A. G. SPALDING & BROS., New York Chicago Denver



Nos. 1 and X



Nos. 1S and XS

Foot Ball Jackets

Jacket, extra quality, made of special heavy white duck, sewed with the best and strongest linen, hand-made eyelets, with sleeves.

No. 1. Each, 75c.



Jacket, same as our No. 1, without sleeves.

No. 1S. Each, 60c.



Foot Ball Jackets.
No. X. . Each, 50c.



Foot Ball Jackets,
sleeveless.
No. XS. Each, 50c.

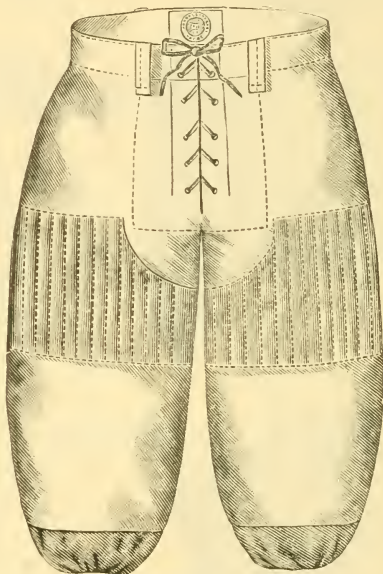
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

FOOT BALL PANTS



Nos. **OOR** and **OMR**

MOLESKIN

Intercollegiate Foot Ball Pants, lace front, made of the finest and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are padded with fine curled hair, and the thighs with cane strips.

No. **OOR**. Per pair, **\$4.50**

No. **OMR**. Made in same style as our OOR, but of a cheaper grade of moleskin. Per pair, **\$3.00**

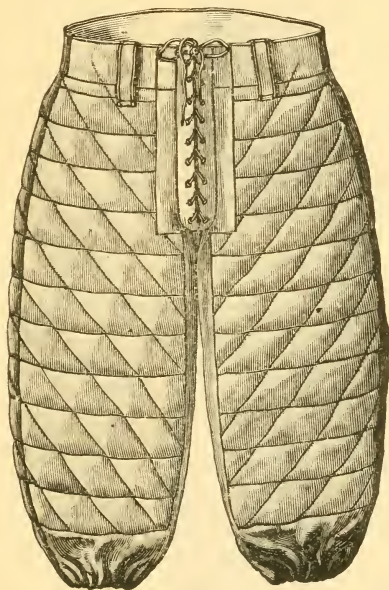
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

FOOT BALL PANTS



CANVAS

- No. **IP.** Good quality white duck, well padded throughout. Pair, **\$1.50**
No. **XP.** Made of heavy drill and well padded. . . . Per pair, **80c.**

Handsomely Illustrated Catalogue Mailed Free to any Address.

A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

Spalding's Special 'Varsity Foot Ball Clothing

WE supplied a few of the best players with these pants and jackets last season, and they endorsed them so highly that we decided this year to put them in our regular line. Both are made scientifically correct, and the material is the lightest and strongest brown canvas, specially manufactured for these goods.

The hips and knees are properly padded, and the thighs have cane strips. We insert an elastic gusset in the armholes of the jacket, at the spot where the players know it is required.

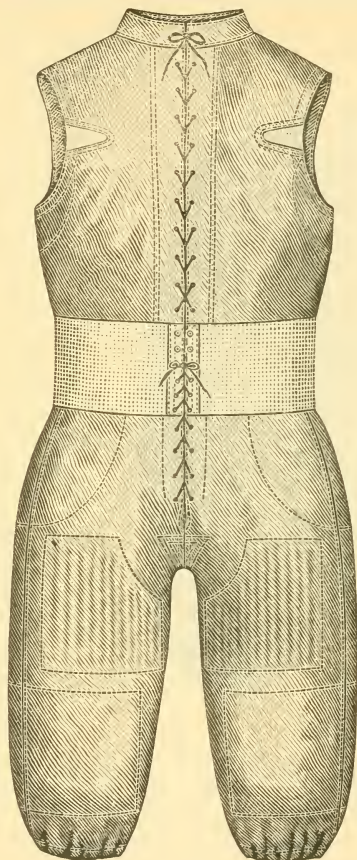
No. VT. 'Varsity Foot Ball
Trousers. . . Per pair, \$2.00

No. VJ. 'Varsity Foot Ball
Jackets, sleeveless. Each, .90

SPALDING'S 'VARSITY UNION SUIT

Made up of our 'Varsity Pants and Jacket, connected by a substantial elastic belt. This suit will give excellent satisfaction. It conforms to each movement of the body and makes an ideal outfit in every way.

No. VTJ. 'Varsity Union Foot
Ball Suit. Complete, \$5.00



No. VTJ

A. G. SPALDING & BROS.

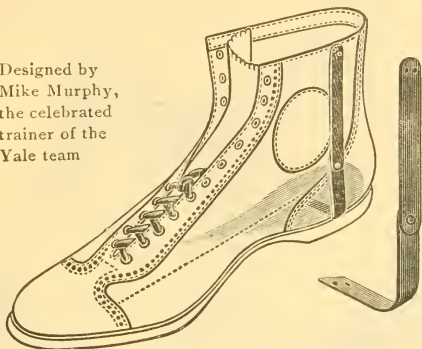
NEW YORK

CHICAGO

DENVER

Spalding's Foot Ball Ankle Brace

Designed by
Mike Murphy,
the celebrated
trainer of the
Yale team



The brace is made of two pieces of finely tempered steel, joined at the point shown by white spot almost in the centre of the cut. The brace is not visible, as it is placed between the lining and the leather. It absolutely prevents turning of the ankle, and has been most thoroughly tested in actual play by the Yale team. It does not interfere with the free action of the ankle, and although adding nothing materially to the weight of the shoe, is strong enough to properly protect the ankle against serious injury. Can be put in your shoes by any shoemaker.

No. 3. Ankle Brace. Per pair, 50c.

Handsomely illustrated catalogue of Sporting Goods sent free to any address.

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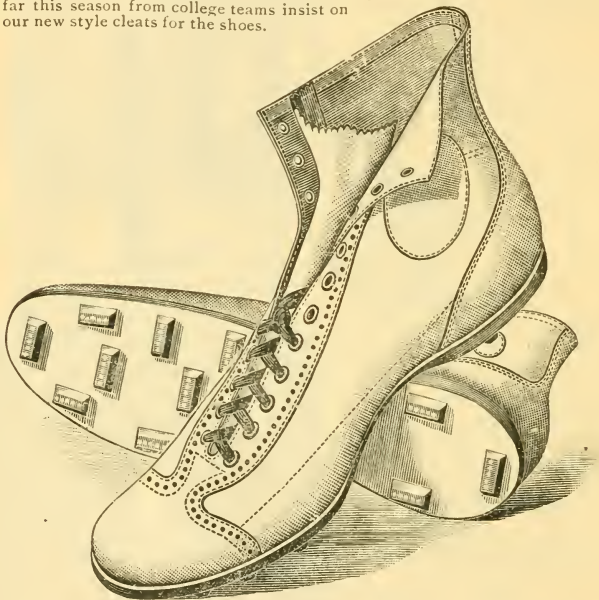
NEW YORK

CHICAGO

DENVER

Spalding's Improved Foot Ball Shoes

On all our foot ball shoes we are now putting the new style cleats, as shown in cut. After a thorough test last season by a few of the leading players, they unanimously declare them the best cleats ever put on a shoe. All our orders so far this season from college teams insist on our new style cleats for the shoes.



THE 'VARSITY SHOE

Finest Russet Calfskin. New style cleats on sole and heel, high cut and hand-made throughout. Equipped with Spalding's Foot Ball Ankle Brace.
No. AM. Per pair, \$6.75

THE CLUB SPECIAL SHOE

Russet Leather, machine sewed, with new style cleats on heel and sole.
No. A2. Per pair, \$4.50

Sprinting Shoe, extremely light, otherwise same as our No. A2.
No. A-2S. Per pair, \$4.50

A. G. SPALDING & BROS.

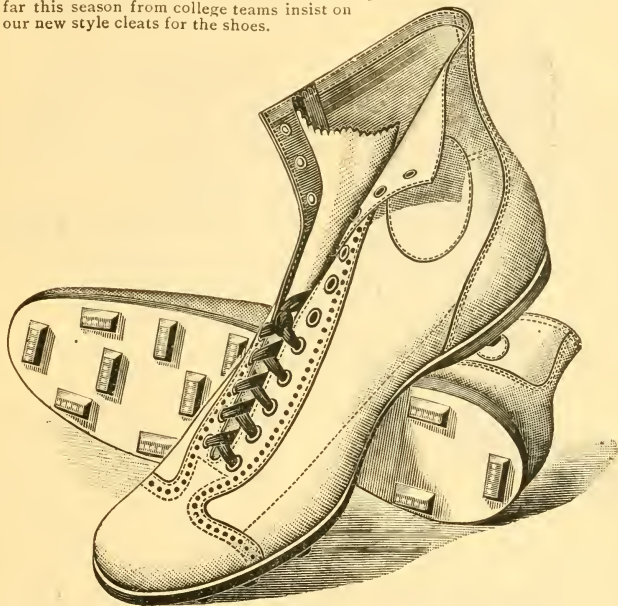
NEW YORK

CHICAGO

DENVER

Spalding's Improved Foot Ball Shoes

On all our foot ball shoes we are now putting the new style cleats, as shown in cut. After a thorough test last season by a few of the leading players, they unanimously declare them the best cleats ever put on a shoe. All our orders so far this season from college teams insist on our new style cleats for the shoes.



THE SPALDING FOOT BALL SHOE

Finest kangaroo leather, with circular reinforce on sides. New style cleats on heel and sole, and hand-made throughout. Our highest quality shoe. Every pair warranted.

No. A2-0. Per pair, \$7.50

Sprinting Shoe, extremely light, otherwise same as our No. A2-0.

No. A2-0S. Per pair, \$7.50

THE AMATEUR SPECIAL SHOE

Russet leather, machine sewed, new style cleats.

No. A3. Per pair, \$3.50

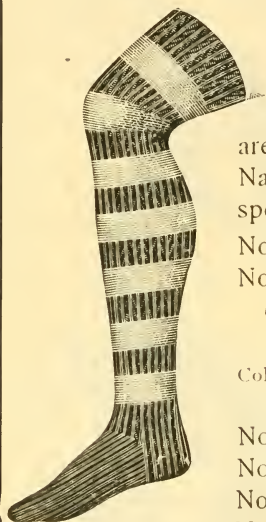
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NEW YORK

CHICAGO

DENVER

The Spalding Foot Ball Stockings



The highest quality stockings are all wool, heavy ribbed, full fashioned, hug the leg closely but comfortably, and are very durable. Colors: Black, Navy, Maroon and Scarlet, and any special colors to order.

No. 3-0. Plain colors. Pair, \$1.50

No. 3-0. Striped, any colors, to order only, . . . Pair, \$1.75

RIBBED STOCKINGS

Colors: Black, Navy, Maroon, Royal Blue and Scarlet.

No. 1R. Heavy, . . . Pair, \$1.00

No. 2R. Medium weight,80

No. 3R. Good weight,60

No. 4R. Cotton,25

STRIPED STOCKINGS

No. 1RS. Heavy weight, . . . Per pair, \$1.35

No. 2RS. Medium weight, . . . " 1.10

Colors: Scarlet and Black, Maroon and White, Royal Blue and White, Royal Blue and Black, Orange and Black, Navy Blue and Red, Black and White.

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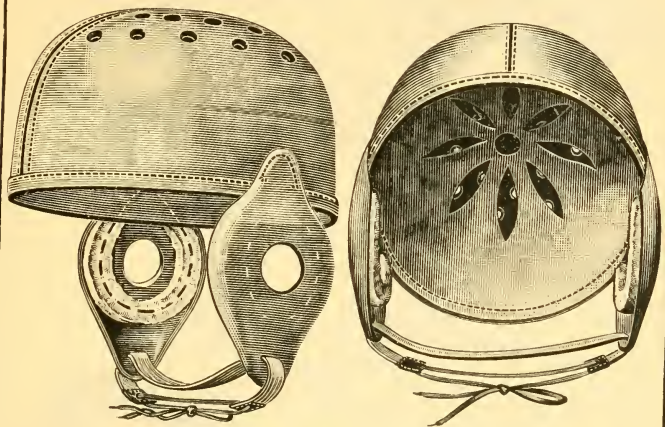
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NEW YORK

CHICAGO

DENVER

Spalding's No. 60 Double Crown Head Harness



Patented March 11, 1902.

The latest improved protection for the head; made of the heaviest English oak tanned leather; ventilated. It protects the entire crown of the head, breaks the force of any blow received, and while it is the lightest weight head harness made it is at the same time the strongest.

No. 60. Each, \$5.00

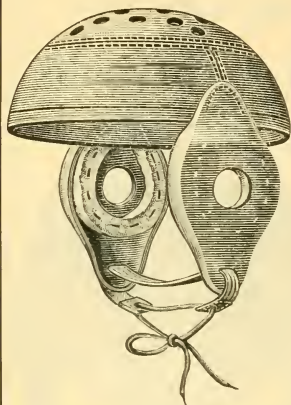
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A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER



Spalding's Improved No. 50 Head Harness

Heavy sole leather crown; ventilated and with improved ear pads; used with great success last year, and one of the most popular head harnesses made. Used by the leading colleges throughout the country.

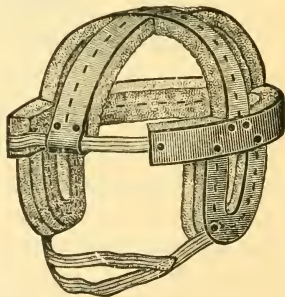
No. 50. Each, \$4.00



Spalding's Head Harness

This style head harness is the highest and most comfortable to wear of any head guard yet devised. It is made of tan leather and thoroughly padded with wool felt half an inch thick, with an elastic to go under the chin, and is adjustable to any size head. It is a thorough protection to the crown and back of the head, also to the ears.

Patented.



No. 35. Each, \$2.50

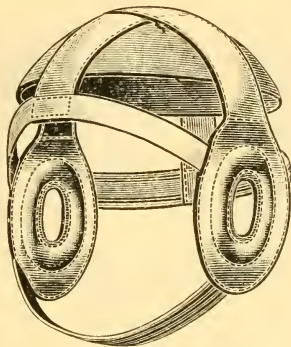
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NEW YORK

CHICAGO

DENVER

Spalding's Head Harness No. 30



Designed by H. B. Conibear, trainer, University of Chicago. The crown piece is made of oak tanned leather molded to shape. The ear pieces are well padded, and the harness complete gives ample protection to all parts. A very light harness, yet amply strong.

No. 30. Each, \$3.00

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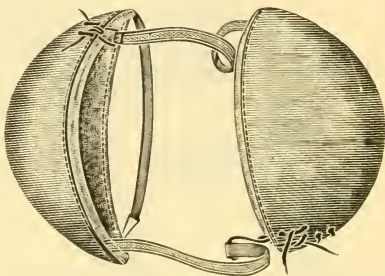
NEW YORK

CHICAGO

DENVER

Spalding's Improved Sole Leather Pads for Shoulders

FELT LINED



Made of heavy leather well padded and molded to form. Used in connection with our elbow and knee pads they afford absolute protection to the joints most liable to injury on the foot ball field.

Easily and quickly adjusted.

No. 25. For both shoulders. Complete, \$4.00

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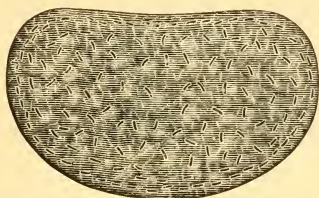
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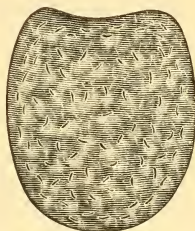
CHICAGO

DENVER

Spalding's Leather Covered Pads



No. 1



No. 2

These adjustable pads are hand-made and considerably better than any we have furnished before. Can be readily attached to any part of a jersey, but are especially adapted to the shoulders and elbows. Covered with tan leather, lined with heavy drilling and filled with pure curled hair.

No. 1. Shoulder Pad. Each, **50c.** Pair, **\$1.00**

No. 2. Elbow Pad. “ **50c.** “ **1.00**

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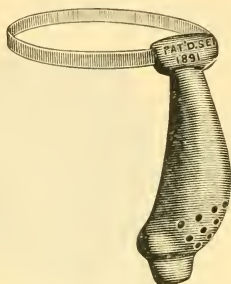
A. G. SPALDING & BROS.

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CHICAGO

DENVER

MORRILL'S NOSE MASK



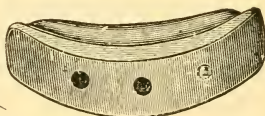
Morrill's Nose Mask is made of the finest rubber, and no wire or metal is used in its construction. It has become a necessity on every foot ball team, and affords absolute protection to the nose and teeth.

No. 1. Nose Mask, regulation size. Each, \$1.50

No. 1B. Nose Mask, youths' size. " 1.50



SPALDING'S RUBBER MOUTHPIECE



This mouthpiece is made of best quality Para rubber. Gives perfect protection to the mouth and teeth.

No. 2. Mouthpiece. Each, 25c.

A. G. SPALDING & BROS.

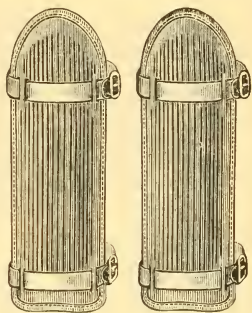
NEW YORK

CHICAGO

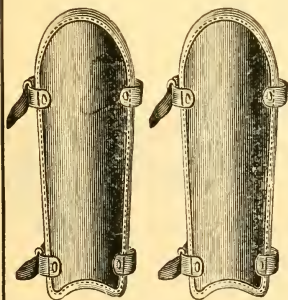
DENVER

Spading's Sole Leather Shin Guards

Made of heavy sole leather corrugated and molded to shape but flexible so that they will conform to any size leg. The new method of attaching the light but strong straps permits the guards to be bound lightly to leg and prevent them from getting loose or shifting. A very light guard, but gives absolute protection to the shins.



No. 30. Sole leather. Per pair, \$1.50



Spalding's Fibre Shin Guard

Made of specially prepared fibre and molded to form. A very light and durable and snugly fitting guard.

No. 40. Fibre Guard, \$1.35

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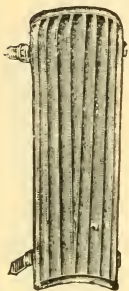
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

Spalding's Foot Ball Shin Guards



Canvas, length 9 inches.

No. **8.** Per pair, **50c.**

Canvas, length 12 inches,

No. **9.** Per pair, **75c.**

Canvas, length 12 inches,

No. **10.** Per pair, **90c.**

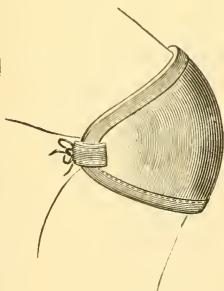
Moleskin, length 12 inches.

No. **20.** Per pair, **\$1.15**



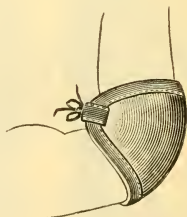
Spalding's Improvd Sole Leather Pads

FELT LINED



No. 90

The Nos. 85 and 90 pads are made of heavy leather, molded to form and lined with felt. Quickly adjusted and as easily taken off.



No. 85

No. **85.** Elbow Pads. Each, \$ **.90** Pair, **\$1.80**

No. **90.** Knee Pads. " **1.15** " **2.30**

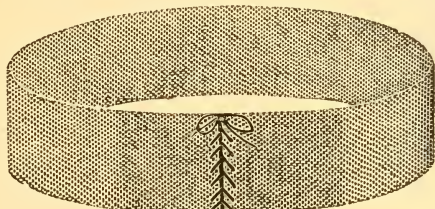
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

Spalding's Elastic Foot Ball Belt

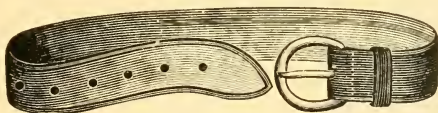


Our Elastic Belts stretch with the length of body and may be attached to jacket and pants, thus forming one continuous suit. By closely fitting the body the opposing player has less chance of tackling. They allow perfect freedom in all positions.

No. 1. Width 6 inches. Each, \$2



Leather Foot Ball Belts



1 1/2 inch, heavy leather. New style nickeled harness buckle. Colors: Tan, Orange and Black.

No. 728. Each, 50c.

1 1/2 in., nickel harness buckle. Colors: Tan or Orange.

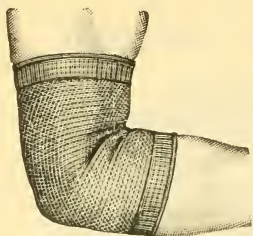
No. 754. Each, 25c.

A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER



Elbow Bandage

In ordering, give circumference above and below elbow, and state whether for light or strong pressure.

No. 2. Cotton thread, \$1.50

No. 2A. Silk thread, 2.00

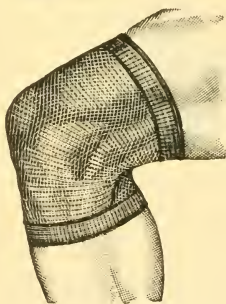


Ankle Bandage

In ordering, give circumference around ankle and over instep, and state if light or strong pressure is desired.

No. 5. Cotton thread, \$1.50

No. 5A. Silk thread, 2.00



Knee Cap Bandage

In ordering give circumference below knee, at knee and just above knee, and state if light or strong pressure is desired.

No. 4. Cotton thread, \$1.50

No. 4A. Silk thread, 2.00

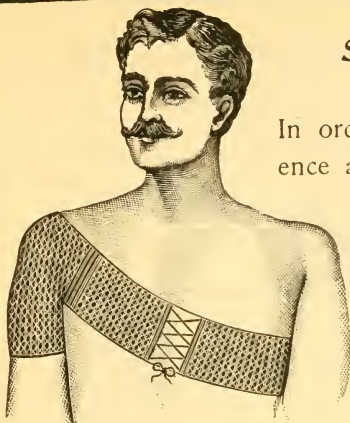
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Shoulder Cap Bandage

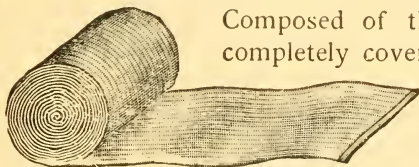
In ordering, give circumference around arm and chest.

No. 1
Cotton thread,
\$4.00

No. 1A
Silk thread,
\$5.50



Spalding's Elastic Bandage



Composed of threads of rubber, completely covered. Light, porous and easily applied. The pressure can be applied where-

ever necessary, following all depressions or swellings with folding and unvarying uniformity. Quickly secured by inserting end under last fold.

No. 25. Width $2\frac{1}{2}$ in., 5 yards long (stretched) \$.75

No. 30. Width 3 in., 5 yards long (stretched) 1.00

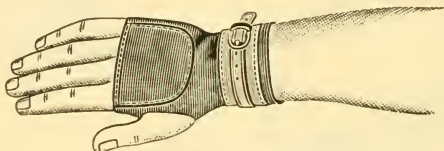
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

Spalding's Combination Foot Ball Glove and Wrist Supporter



Patented June 17, 1902

Designed by H. B. Conibear, Trainer, University of Chicago. The back of the hand is protected by a piece of sole leather and any strain to the wrist is avoided by leather strap supporter which forms the upper part of the glove. The glove does not interfere with the free use of the hand, and those in use last season were highly commended by the players.

No. 1. Made for right or left hand. Each, **\$1.00**

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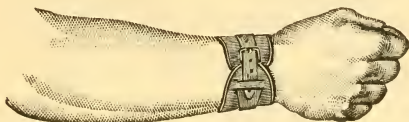
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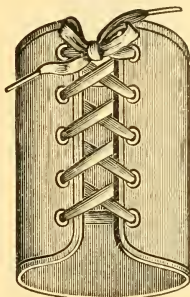
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DENVER

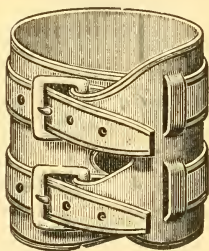
Leather Wrist Supporters



No. 100



No. 300



No. 200

Single strap and buckle, tan or black.

No. **100.** Each, **25c.**

Double strap and buckle, tan or black.

No. **200.** Each, **35c.**

Laced Supporter, tan or black.

No. **300.** Each, **25c.**

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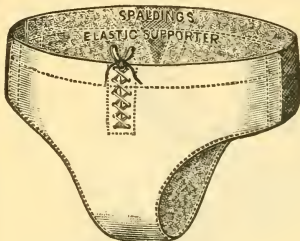
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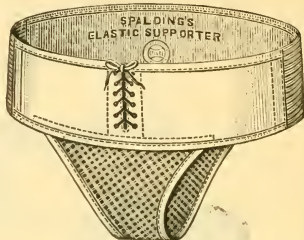
CHICAGO

DENVER

Spalding's Elastic Supporter



No. 2



No. 3

No. 2. With elastic pieces on side, . . . **50c.**

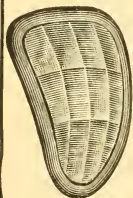
No. 3. Same as No. 2, but open mesh front, **50c.**



Spalding's Supporter

No. 1. Made of best Canton flannel, one in box, **25c.**

No. X. Same style as No. 1, . . . **15c.**



No. 4

Lower Abdomen Protector

Made of heavy wire, well padded and covered with chamois.

To be used with either of the above supporters.

No. 4. Each, **\$1.50**

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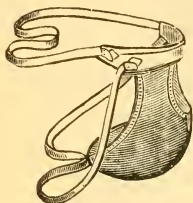
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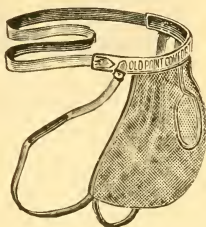
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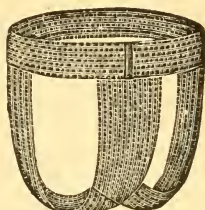
S U S P E N S O R I E S



The "Spalding"



Old Point Comfort



PAT. NOV. 30 '97

Bike Jockey Strap

T H E S P A L D I N G

No. 70.	Non-elastic bands, knitted sack.	Each, \$.25
No. 71.	Elastic buttock bands, knitted sack.	" .35
No. 72.	Elastic bands, knitted sack.	" .50
No. 73½.	Elastic bands, silk sack,	" .75
No. 75.	Fine silk sack, satin top.	1.00
No. 76.	Silk bands, finest silk sack.	" 1.25



" O L D P O I N T C O M F O R T "

No. 2.	Lisle thread sack.	Each, \$1.00
No. 3.	Fine silk sack, satin trimmings.	" 1.25
No. 4.	Silk bands, satin trimmings, finest silk sack.	" 1.50



B I K E J O C K E Y S T R A P S U S P E N S O R Y

For cyclists, athletes, base ball, foot ball, tennis players, etc. All elastic; no buckles. Clean, comfortable and porous. Three sizes—small, to fit waist 22 to 28 inches; medium, 30 to 38 inches; large, 40 to 48 inches.

No. 5.	Bike Jockey Strap Suspensory.	Each, 75c.
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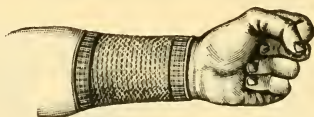
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WRIST BANDAGE

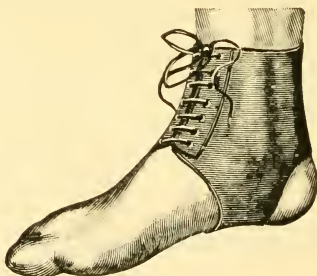


Give circumference around smallest part of wrist,
and state whether for light or strong pressure.

No. 6. Cotton thread, \$.75
No. 6A. Silk thread. 1.00

THE HACKEY PATENT ANKLE SUPPORT

Patented May 12, 1897



A. G. Spalding & Bros. Sole Licensees

Made of soft tanned leather and worn over stocking.
It relieves pain immediately and cures a sprain in a
remarkably short time.

No. H. Per pair, \$1.00

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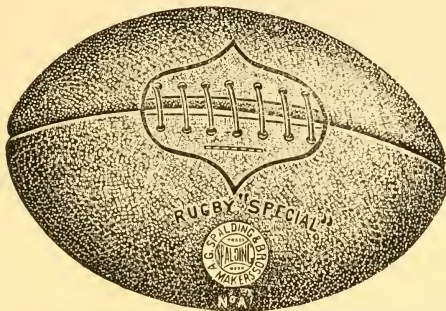
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

THE SPALDING RUGBY "SPECIAL"



RUGBY SPECIAL, No. A

A substantial ball in every detail. Made of specially tanned imported grain leather and put together in a most thorough manner. Superior in style and quality to the many balls put on the market in imitation of our Official No. J5 Ball.

Each ball put up in a separate box
and sealed. Fully guaranteed.

No. A. Rugby Special Foot Ball, \$2.50

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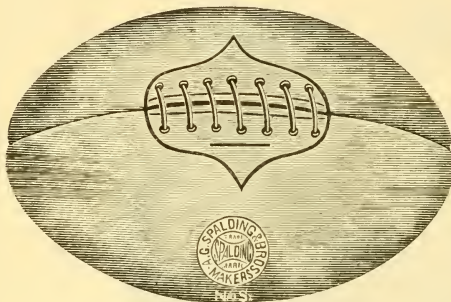
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

RUGBY FOOT BALL



Good quality leather case, substantially made. Each ball packed complete in separate box and sealed.

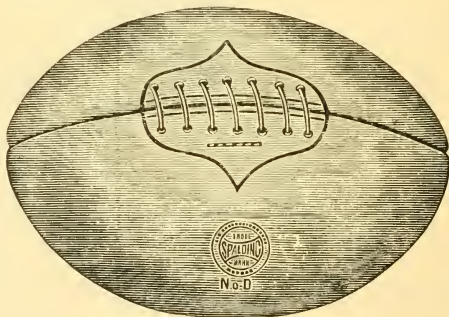
No S
Regulation Size
\$1.50



RUGBY FOOT BALL

Trade mark quality. Leather case. Each ball complete in separate box.

No. D
Regulation Size
\$1.00



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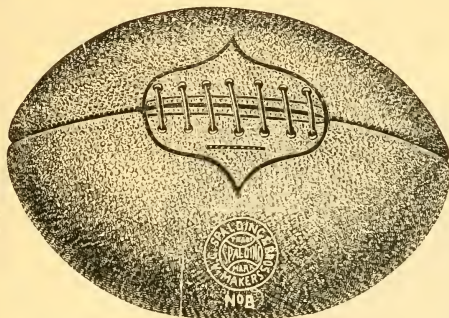
A. G. SPALDING & BROS.

NEW YORK

CHICAGO

DENVER

RUGBY FOOT BALL



Selected fine grain leather case. Well made and will give excellent satisfaction. Each ball packed complete in separate box and sealed.

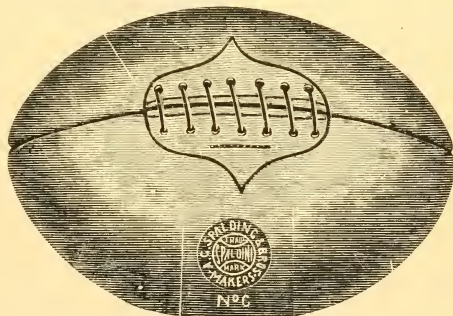
No. B
Regulation Size
\$2.00



RUGBY FOOT BALL

Well made leather case. Standard trade mark quality. Each ball complete in separate box.

No. C
Regulation Size
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The Spalding "Official" Gaelic Ball



Gaelic No. K

THE material and workmanship are of the highest quality and fully guaranteed. Each ball is packed complete with a pure Para rubber guaranteed bladder, a foot ball inflater and a lacing needle in sealed box, and contents guaranteed perfect if seal is unbroken.

No. K. "Official" Gaelic Foot Ball, **\$5.00**

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The Spalding "Official" Association Ball



Association No. L

THE cover of our No. L Ball is constructed in eight sections with capless ends, neat in appearance and very serviceable. Material and workmanship are of highest quality and fully guaranteed. Each ball is packed complete in sealed box with pure Para rubber guaranteed bladder, foot ball inflater and lacing needle. Contents guaranteed if seal is unbroken.

No. L. "Official" Association Foot Ball, \$5.00

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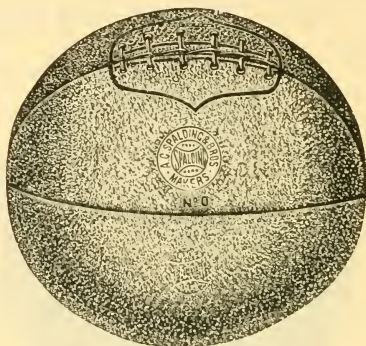
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Association Foot Balls

TRADE-MARK QUALITY



Association No. O

Our No. O Ball is extremely well made and will give excellent satisfaction. The cover is made of best grade English leather and the bladder of pure Para rubber fully guaranteed. Each ball packed complete in sealed box.

No. O. Regulation size, **\$3.00**



No. N. Well made of good quality leather. Packed complete in sealed box. Regulation size, **\$1.50**

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Rubbing Stuff

Nearly all foot ball players have trouble in securing rubbing stuff that answers all the purposes required, and, as a general rule, preparations are used that are not up to the standard. We have had

—XLCR— Witch Hazel

tested and know that it is, without question, the best rubbing stuff on the market to-day. It has been tried by many prominent players who pronounce it the best ever bottled. Besides having advantages for immediately removing stiffness and sprains, it is likewise generally used for bruises, cuts and stiffness of the muscles of all kinds. It is manufactured for us by the International Witch Hazel Distilling and Bottling Co., of New York.

Orders for individual bottles are supplied by A. G. Spalding & Bros. at their different stores.

For trainers at colleges, schools or clubs, we quote the following prices, and we pay the express or freight charges:

Cases containing Two Dozen Pints,	\$10 00
Cases containing One Dozen Quarts,	9 50

American Sports Publishing Company
16 and 18 Park Place ————— New York



The Spalding League Ball has been the *Official Ball* of the National League for over a quarter of a century, and must be used in all games. It is also used exclusively by all the leading colleges and athletic clubs.

When buying athletic goods always insist upon seeing the Spalding trademark and do not be persuaded to accept something offered as "just as good."

Field Hockey



The game of Field Hockey, which was only introduced in America last spring, already bids fair to become the premier sport among the students of the various women's colleges of this country. It is now being played at Vassar, Smith, Radcliffe, Wellesley and Bryn Mawr. At one college alone five hundred members enrolled in the first hockey club, and the interest of the

players has never flagged from the first game. It is not exclusively a woman's game, however, and in England, the home of the sport, it is played by both men and women, and mixed clubs are very popular. During last December alone 549 important matches were reported there, and it is proving a strong rival to foot ball among the men and boys. Matches are played not only between the various schools and colleges, but between elevens representing England, Ireland, Scotland and Wales, and international ones are participated in by players from France, Germany and Belgium. To those in need of vigorous and healthful out-of-doors exercise, the game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. Practice will give to the player the wrist of a fencer and the accuracy of a golfer, while the game, owing to the number engaged at a time, eleven on a side, affords active participation to a great many. When better known here, it will no doubt be played not alone at the colleges, but clubs will be formed and it will be taken up by the men as well. Physical educators agree as to its value as an exercise, and eventually it will prove one of our most popular autumn games. Expensive paraphernalia is not required, and this fact will encourage many to take up the game who otherwise might not care to do so.

A complete description of Field Hockey, illustrated with pictures showing points of play; information for players, and the official rules, will be found in No. 154 of Spalding's Athletic Library, which will be sent to any address upon receipt of 10 cents.

Send for Spalding's handsomely Illustrated Catalogue, free to any address.

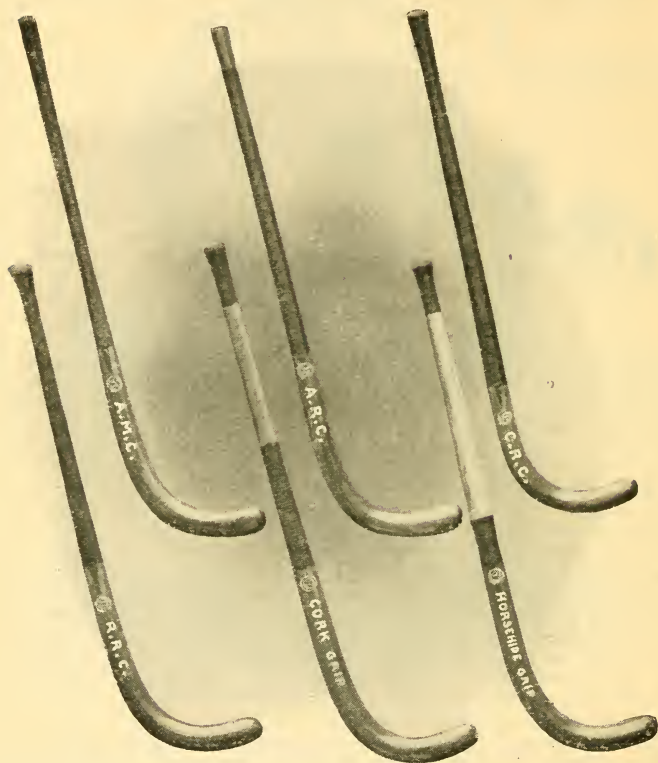
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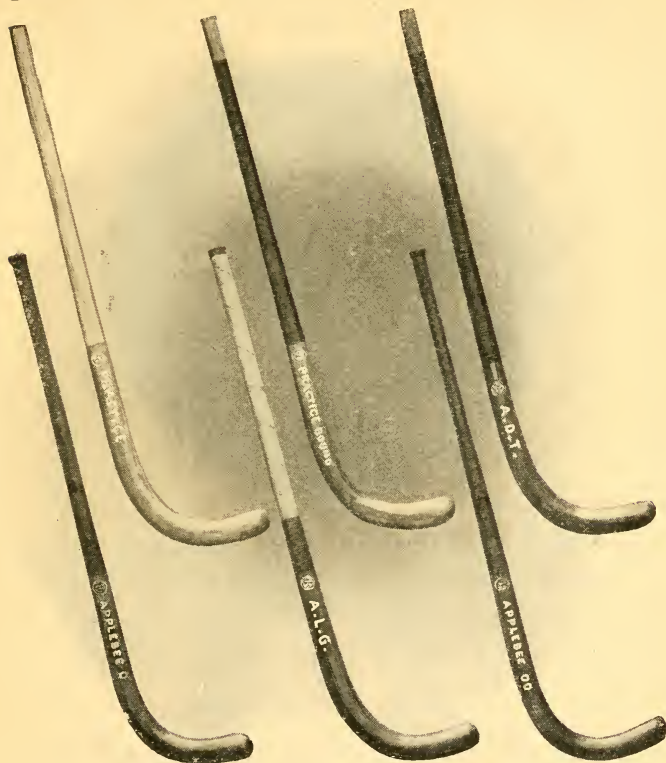
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No. B. Regulation Ball, similar to our No. A, but not as high quality material.

No. B. Each, \$1.75

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Spalding's Field Hockey Balls



No. C

No. C. Composition Ball, superior quality.
Will give good satisfaction.

No. C. Each, \$1.00

No. D. Practice Ball, solid rubber, painted
white.

No. D. Each, 50 cents

Send for Spalding's Complete Catalogue of Athletic Sports, free.

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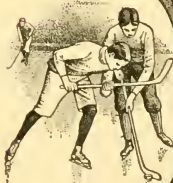
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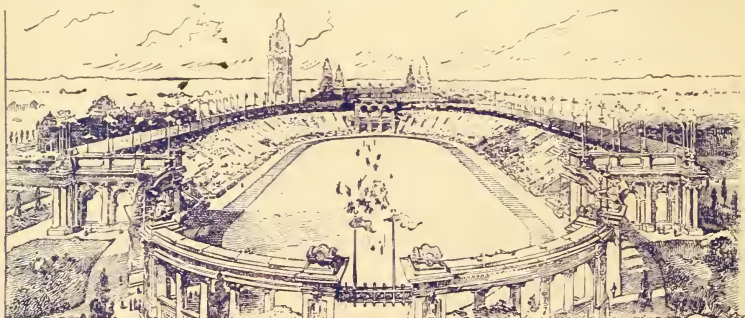
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